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Celebrity pg 41

Jennifer's best friend

Sunny Side

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- Today

- Good Samaritan saves Wiggles' bacon, page 6
- Green heart of Canada, page 24
- Summer holidays at home, page 28

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Seal meal draws fire

Jean panned for eating heart

Gov. Gen. Michaëlle Jean's gutting of a seal before eating a piece of its raw heart has inflamed an emotional debate, with animal welfare groups accusing her of using the Inuit subsistence hunt to legitimize Canada's commercial seal trade, while sealers welcomed her unexpected support.

"I found it very offensive," Rebecca Aldworth, a Canadian spokeswoman for Humane Society International, said.

Jean cut through seal flesh, swallowed a piece of its heart and wiped her blood-spattered fingers clean with tissue while attending a community festival Monday in Ranklin Inlet.

The rare and graphic sight was too much to stomach for European opponents of Canada's commercial seal hunt.

"The fact that the Governor General in public is slashing and eating a seal, I don't think that really helps the cause," said Barbara Slee, animal rights campaigner for the International Fund for Animal Welfare.

Gov. Gen. Michaëlle Jean eats the heart of a seal in Nunavut Monday.

A spokeswoman for European Union Environment Commissioner Stavros Dimas, who proposed legislation to ban the import of seal products, offered a terse reaction. "It's too bizarre to acknowledge," Barbara Helfferich said.

Peter MacKay, Newfoundland's federal cabinet representative, applauded Jean.

"I think she's Canada's new Braveheart for eating the seal heart," MacKay said in Ottawa.

THE CANADIAN PRESS

Court upholds gay marriage ban

SAME-SEX California's Supreme Court upheld the state's gay-marriage ban yesterday, but said the 18,000 same-sex weddings that took place before the prohibition passed are still valid, a ruling decried by gay-rights activists as a hollow victory. Activists said they would go back to the voters in a bid to repeal the ban.

In a 6-1 decision, the court rejected arguments that the ban approved last fall was such a fundamental change in the constitution that it first needed the legislature's approval.

THE ASSOCIATED PRESS

Nelly **First band**

MUCH MUSIC PHOTO

Fritz Helder from Toronto band Fritz Helder & The Phantoms whispers in Nelly Furtado's ear during their appearance on MuchOnDemand. The band is the first signed to her music label, Nelstar. Their album, Greatest Hits: Platinum Edition, is due July 7.

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the Bay

Durham cops bust high school pot dealers
Police in Durham Region have arrested 62 people in a sweep aimed at busting up the high school marijuana trade in Clarington, a largely rural region east of Oshawa, police announced yesterday. All but two of the people arrested are under 18. TORSTAR NEWS SERVICE

Local

TTC may have buyer for old subway cars

Even before the new subway cars begin operating next year, the TTC has a potential buyer for its retiring H5 and H6 cars, according to a report before the transit commission tomorrow. An undisclosed company has approached the TTC to buy 135 H5 and 126 H6 cars on a sole-source basis, to be used on a potential transit system in another jurisdiction, says the report. But the buyer won't know until later this year whether it has the contract to build and operate the other system. TORSTAR NEWS SERVICE

INDEX

Canada Pg 8
Comment Pg 12
World Pg 13
Business Pg 14
Sports Pg 16
Workology Pg 20
Metro Drive Pg 23
Travel Pg 26
Entertainment Pg 35
TV Listings Pg 40
Celebrity Buzz Pg 41
Take Five Pg 42

Tomorrow's Metro

Music

Metro gives the low down on shock rocker Marilyn Manson's latest release, The High End of Low.

metronews.ca

What's online today.

Blogs Style columnist Kenya Hunt's Acne jacket department store showdown with a shopping rival.
Video Ottawa Mayor Larry O'Brien's videotaped police statement will likely be his sole testimony during his influence-peddling trial at **metronews.ca/canada**
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These results are not official.

Libs may bail out GM pension

McGuinty reconsiders his stance against using tax dollars for retirees

Premier Dalton McGuinty has opened the door to the possibility of bailing out GM pensioners despite earlier pledges that taxpayer dollars wouldn't cover the retirees.

While discussions on the aid package for the struggling automaker are still underway and no announcement is expected until the June 1 deadline, McGuinty said the pensions costs are a sticking point that must be dealt with.

"It's fair to say that we can't resolve this unless we address some of their legacy costs," McGuinty said yesterday.

That's a sharp turnaround from the premier's comments less than a month ago, when he said it wouldn't be fair to ask other Ontario seniors to prop up GM retirees if the company files for bankruptcy protection.

At the time, McGuinty said Ontario had no plans to bail out General Motors pensioners by topping up the province's safety net and would instead seek a broader solution to help all retirees caught in the pension crisis.

On Monday, federal Industry Minister Tony Clement said no federal money would go towards GM Canada's pension shortfall.

THE CANADIAN PRESS

Pension fund guarantee

- Ontario's Pension Benefits Guarantee Fund provides pensioners with up to $1,000 a month in the event a pension plan fails to provide its full benefit, or any at all.

NHLers **Domi, Lemieux open up rehab clinic**

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Mario Lemieux, second from left, and Tie Domi play around with Safet Candic, left, and Katie Sutherland, right. Domi opened up the newly renovated Friends of Tie Domi Rehabilitation Clinic in Sick Kids Hospital The new space will handle more that 35,000 patients visits each year.

Local swine flu victim generally healthy: Friend

TRAGEDY Friends and family of a Scarborough man who was confirmed to have swine flu after his sudden death Saturday are in shock, saying the 44-year-old father of two was healthy except for diabetes and a recent cough.

"He was very healthy. That's why we are surprised," a family friend, who gave his name only as Mohan, said yesterday.

Ravinjan Paramsothy died at about 1:30 a.m. Saturday. It is not known if the virus even contributed to his death. Autopsy results are pending.

TORSTAR NEWS SERVICE

Debate about bike lanes heating up

PLANNING If you travelled green today, Toronto architect Babak Eslahjou thinks you deserve a reward.

If you are a cyclist, you deserve better than a terrifying squeeze into a left-over lane of traffic. If you ride transit, you deserve the speed and reliability of a subway, says the partner in CORE Architects. He focuses on sustainable planning.

"We give transit priority, which allows the TTC to annex large sections of our streets. The cars and pedestrians and bicycles take up the rest. What ends up happening is that other green forms of transportation — bikes, skateboards and rollerblades — end up stealing the in-between spaces."

TORSTAR NEWS SERVICE

On the web

- Do you support the new bike lane on Jarvis? Vote in our poll at metronews.ca

News in brief

SEARCH Toronto police say they are stepping up the search for a 19-year-old York University student who's been missing for more than a week. Shane Fair, who is also an army reservist, hasn't been seen since he attended a formal dinner and dance at Ontario Place on May 15.

Shane Fair

ROADS A handful of roads will be blocked near Lake Ontario tomorrow evening to make way for the YMCA's Corporate Team Challenge. Starting at 6:30 p.m., the two northernmost lanes of Lakeshore Boulevard West will be closed.

METRO NEWS SERVICES

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Trial delayed
The Bandidos murder trial has been delayed for at least a week after defence lawyer Edward Royle quit the case because his wife is ill. TORSTAR NEWS SERVICE

Rocket Man helps animators reap reward

Sir Elton John was waxing so eloquently on Ontario's burgeoning film animation industry yesterday that Premier Dalton McGuinty jokingly offered him a cabinet post.

The music star and the politician were at Starz Animation — which is producing a new animated movie called Gnomeo and Juliet for John's film development firm — and teamed up as McGuinty gave Starz a $23 million grant to create new jobs. John said he picked Starz, one of Canada's largest 3D animation studios, from a long list of similar companies in the industry and was "overwhelmingly blown away ... Ontario is a hotbed of talent."

Noting that many Ontarians have left their country to seek opportunities in show business elsewhere, John predicted "you'll find people will be coming back to Canada."

That was all McGuinty needed to hear after last week's surprise resignation of Michael Bryant from cabinet to head the city agency Invest Toronto.

"I have a new opening in my cabinet for a minister of economic development," the premier quipped to John, who appeared in concert with Billy Joel at the Air Canada Centre last night.

"Are you available, Sir Elton?"

The aid money from Ontario's $1 billion next generation jobs fund will help the company, which opened in 2007, create and preserve about 250 jobs. Digital media is one of the growing industries McGuinty is focusing on to produce jobs. Ontario's animation industry employs about 2,000 people, many from college programs in the Toronto area.

McGuinty noted his history with John goes back a long way to his high school in Ottawa, where Goodbye Yellow Brick Road was playing when he one day approached a pretty girl he'd had his eye on.

"Eight track, was it?" John joked back at the premier, who explained that high school girl is Terri McGuinty, his wife and mother of their four grown children.

TORSTAR NEWS SERVICE

Elton John signs his autograph at Starz Animation yesterday.

Review

- Check Page 37 for a review of last night's Elton John/Billy Joel concert at the ACC.

Metropass opens more doors

TRANSIT It used to be that a Metropass would only get you as far as the front door of Toronto's hot spots.

But starting this summer, your transit pass also will get you past the door — for a reduced price — at five of the city's top tourist destinations. The first phase of a new affinity program at the TTC means Metropass holders will get a 20 per cent discount at the Toronto Zoo, Ontario Place, the CN Tower, the Ontario Science Centre and Casa Loma.

The program ties into Tourism Toronto's Staycation theme, in which recession-ridden residents are being encouraged to enjoy local attractions.

"It's a good thing for our customers. It provides a value-add. Metropass customers are our most loyal by purchasing a monthly pass, so it's a nice little extra for them," said TTC chief marketing officer Alice Smith.

The program isn't expected to cost the TTC anything other than promotions on the system.

"The attractions are offering a discount on admission but hopefully they would make it up in terms of volume," said Smith.

TTC chair Adam Giambrone said he doesn't know of any other transit agencies that offer a similar program, but the Metropass offer is similar to corporate affinity plans.

"We were looking at how non-monetarily we can boost the desirability of the Metropass. We've got an incredible marketing potential because we have over 250,000 a month buying a Metropass. That's a pretty good market for a loyalty program," he said.

TORSTAR NEWS SERVICE

Transit miles

- TTC riders can also now redeem 850 Air Miles points for a Metropass.

Hillier denies policy-on-the-fly

QUEEN'S PARK Ontario PC leadership hopeful Randy Hillier denied he was making up policy on the fly yesterday after he vowed to abolish the harmonized sales tax set to take effect next year. The merger of the eight per cent Ontario sales tax with the five per cent goods and services tax into a single tax is to go into effect in 2010, and will apply to many goods and services currently exempt from PST. THE CANADIAN PRESS

News in brief

CHARGED A 39-year-old Oshawa man has been charged after he injured a police officer by throwing a lawn mower at him. On Sunday, the man allegedly assaulted his ex-girlfriend in a residential area. Police were called, but when they arrived, the man was gone. Officers canvassed the neighbourhood and eventually cornered him in a backyard, where he hurled a gas-powered lawn mower at an officer. The officer was treated and released from hospital after being hit.

ATTACK Police are looking for a man who hit a woman in the face with a beer bottle in Bowmanville Saturday. An 18-year-old woman was walking west along King Street around 1:30 a.m. when a male motorist threw an empty bottle from a car and hit the girl in the jaw. The glass cut open her cheek. The man is described as 19 to 25 years old, white, wearing a baseball cap and a green shirt. Anyone who can help police find him is asked to call them at 1-888-579-1520 ext. 1611.

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the Bay

Two charged after car chase

Ontario Provincial Police have charged two men who led them on a brief chase and crashed a stolen car last Thursday in Burlington. Richard Bomberry, 22, and Thomas D. Bomberry, 20, both of Brantford are charged. TORSTAR NEWS SERVICE

This little piggy won't go to market

Wiggles got a lucky break.

The piglet broke her leg, likely after falling off a livestock truck on Highway 401. But she was rescued and will end up at a good home instead of an abattoir.

Good Samaritan Brian Bowes was on his way to work in Cambridge Monday morning when he saw the piglet lying by the side of the road, "shivering like crazy." There was an accident up ahead, Bowes said, so he was doing about 40 to 60 km/h in the fast lane, westbound on Highway 401 near Mavis Road.

Sunny Side

He pulled over, bundled the piglet into his car and turned around. Forty-five minutes later, he was downtown, handing her over to the Toronto Humane Society on River Street.

"I'm a regular animal lover," said Bowes, adding he handled the piglet despite the swine flu scare.

Bowes didn't see a livestock truck, but there's no question in his mind the piglet had fallen off one.

At the animal shelter, vets gave the dehydrated piglet water through a syringe, and she wiggled her backside — hence the name Wiggles.

Wiggles is set to have surgery this week, perhaps as early as today.

TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICE PHOTO

Wiggles

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Four-alarm fire engulfs four homes

BLAZE Four houses on a residential street just north of College Street in Harbord Village were engulfed in a four-alarm fire yesterday afternoon.

Smoke flooded out onto College Street just after 4 p.m. as a fire broke out in the shared attic of 27 Major St.

In a few minutes, the neighbouring houses, which shared the attic, were on fire. The fast-spreading fire was mostly knocked down by 5 p.m. due to the prompt response of a nearby fire station.

Fire services are estimating the damages from the fire will cost around $500,000.

Fifteen people were evacuated from the houses but none were injured.

TORSTAR NEWS SERVICE

Province 'hiding' health plan?

SERVICES The Ontario government is sitting on a 10-year strategic plan for health care that it promised to make public two years ago, Progressive Conservative Elizabeth Witmer charged yesterday.

Elizabeth Witmer

The plan, which the government promised to release in 2007, is supposed to outline how the province will sustain its public health-care system over the long term.

The Opposition asked for the plan under freedom of information laws, and a 71-page document was found, Witmer said. But access to the record was denied because it's a submission to cabinet, which is kept secret. With no release date in sight, Witmer is calling on Health Minister David Caplan to come clean about his long-term plans for health and prove it doesn't include cuts to services.

THE CANADIAN PRESS

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the Bay

Final witness testifies at Dziekanski inquiry

The public inquiry into the death of Robert Dziekanski, left, has heard from its last witness. There have been more than 80 witnesses at the inquiry, called by the B.C. government over a chorus of outrage over Dziekanski's October 2007 death. THE CANADIAN PRESS

Canada

Ban coming for sweet smokes

The federal government is banning flavoured tobacco products that attract young people. The legislation will prohibit the use of fruit flavours or sweeteners that give a candy taste to cigarillos, cigarettes and tobacco tubes. Health Minister Leona Aglukkaq, left, says the measures are aimed at marketing that targets the young.

THE CANADIAN PRESS

Employment insurance claims surging upwards

ECONOMY The number of Canadians collecting unemployment benefits continued to accelerate in March in a painful reminder the economy has fallen at a record pace and will take many months to hit bottom.

March's 10.6 per cent surge in employment insurance recipients, to 681,400, is the most since the recession began. The new number shows the economy is shrinking at a pace most have never experienced with joblessness having become a central element of the downturn.

THE CANADIAN PRESS

Flaherty

- Finance Minister Jim Flaherty says the federal deficit will soar to a record $50 billion-plus this fiscal year.

Tories' attack ads backfire: Poll

ADS The Conservative attack ads against Michael Ignatieff may be hurting the Tories more than the Liberal leader, a new poll suggests. The poll found over half of the respondents said the ads have had a negative effect on their feelings about Prime Minister Stephen Harper and the Tories. Only 30 per cent reported an increased distrust of Ignatieff.

Michael Ignatieff

THE CANADIAN PRESS

Up to our ears in debt

Report reveals concerning trend in recession

Canadians are getting deeper into debt and increasingly using credit to cover day-to-day living expenses, "a highly disturbing matter" that has pushed national household debt to $1.3 trillion, a new report shows.

The Certified General Accountants Association of Canada said debt levels — mainly mortgage and consumer borrowing in a period of low interest rates — increased 6.8 per cent at the end of 2008, and have climbed another six per cent so far this year.

"It just keeps swelling," said Rock Lefebvre, vice-president of research at the CGA.

The report says 42 per cent of Canadians said their debt load was rising as of late last year, which is up from 35 per cent a year earlier.

THE CANADIAN PRESS

TORSTAR NEWS SERVICE PHOTO

Analysts say rising debt is a growing problem in an economy where Canadians' incomes are being squeezed by layoffs.

Expert warns about Afghan law

WOMEN A new marital rape law broader than one that sparked international outrage may be in the works in Afghanistan, and Canadians must focus on the plight of women, Soraya Sobharang, a prominent member of the Afghanistan Independent Human Rights Commission said yesterday.

She said she fears draft legislation now before the Afghan parliament will be modelled after a separate law for the country's Shiite minority, which effectively legalized rape within marriage.

THE CANADIAN PRESS

News in brief

ASTRONAUT Bob Thirsk's visit to the International Space Station will be one of the first times a six-person full-time crew will operate on the station.

THE CANADIAN PRESS

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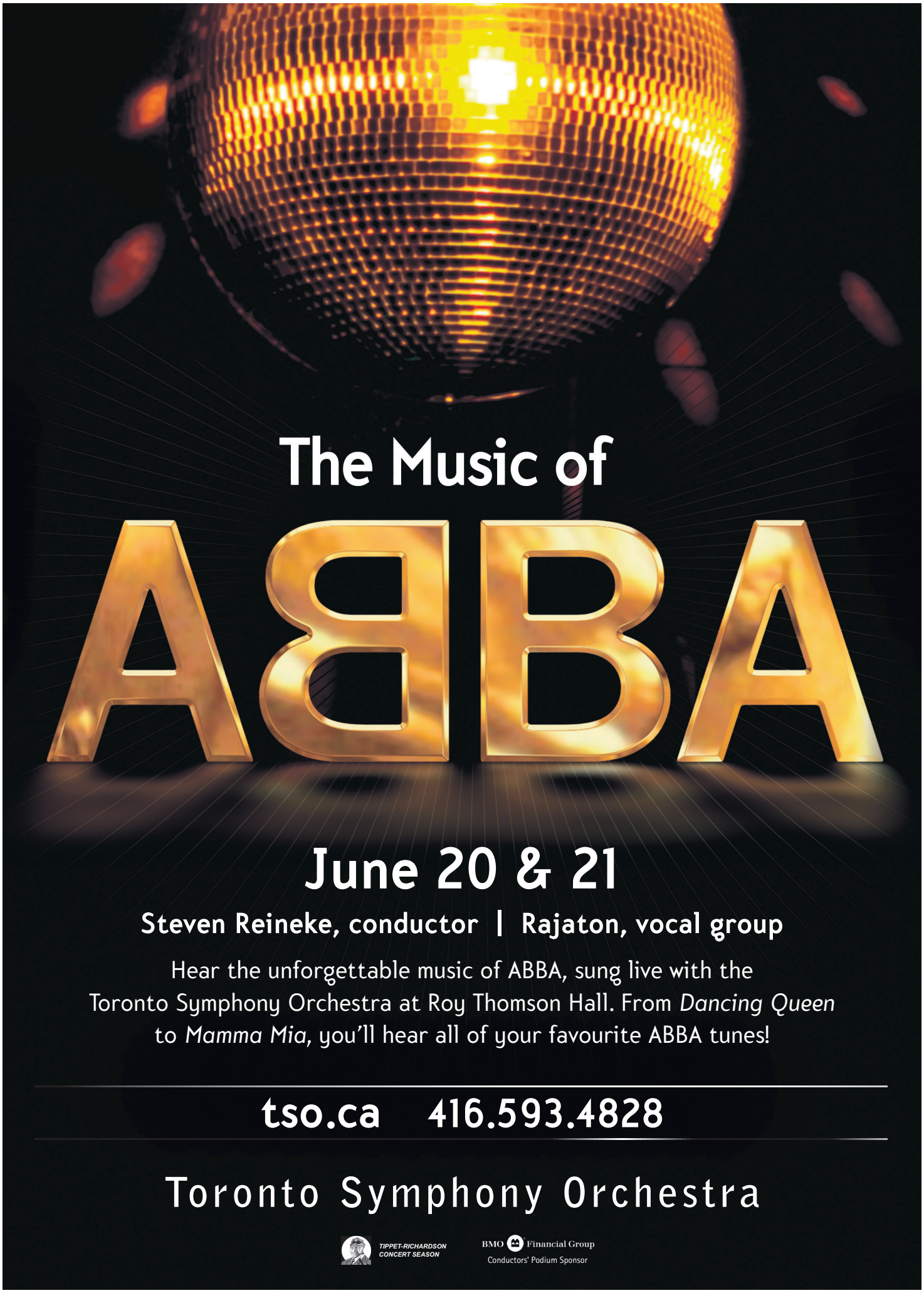
Robert Kiyosaki will not attend this workshop.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Feds not doing enough for environment: Commissioner
Canada's environment commissioner says the Tory government's estimated cuts to greenhouse gases are off by at least half. THE CANADIAN PRESS

Amber Alert review sought after Tori case

Provincial police have announced a review of Ontario's Amber Alert system in the wake of the abduction and death of Victoria Stafford.

Police have faced criticism for not issuing an alert in the case of the eight-year-old girl when she went missing April 8 in Woodstock.

Insp. Dave Ross says Victoria's case was a contributing factor in the decision to review the alert system, though he adds police and their partners frequently review programs.

Earlier, police had said such an alert did not apply to Victoria's case, given the definition of what constitutes an Amber Alert.

The review comes as support grows in an online petition started by a Toronto woman demanding changes to the program.

Provincial New Democrat Rosario Marchese has pledged to deliver the petition to the Ontario legislature.

Marchese, who represents the Toronto riding of Trinity-Spadina, says he hasn't taken a position on whether changes are needed, but welcomes any new information.

THE CANADIAN PRESS

'Tori Alert'?

- One person proposed a "Tori Alert," which would notify the public when a young child may be in trouble, with the option of upgrading it to an Amber Alert when danger is confirmed.

Fate of killer might be kept secret

PATIENT The public may never know if a man who beheaded a fellow passenger on a Greyhound bus will be kept in an institution or given a conditional release.

Vince Li

The chairman of Manitoba's criminal code review board says such details about Vince Li's fate could violate his rights as a patient.

The board will meet Monday to determine what will happen to Li, who was found not criminally responsible for the grisly killing of Tim McLean on a bus heading to Winnipeg last July.

The board hearing is open to the public, chairman John Stefaniuk said yesterday. But government lawyers have advised against releasing any details about its rulings.

The lawyers say releasing such decisions could violate a patient's right to privacy.

THE CANADIAN PRESS

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IN CONVERSATION
Heather Reisman & Jeff Rubin
Wednesday, May 27th, 7pm
Indigo Manulife Centre
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JEFF RUBIN
Jeff Rubin was the Chief Economist at CIBC World Markets for almost twenty years. He was one of the first economists to accurately predict soaring oil prices back in 2000 and is now one of the world's most sought after energy experts. Join us as our Chief Booklover, Heather Reisman interviews Mr. Rubin as they discuss *Why Your World is About to Get a Whole Lot Smaller.*
Indigo
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Comment & Views

Comment

They have ears, but they do not hear

TheWestView

Ladies and gentlemen! For my next trick, I will condemn the Tory attack ads on Michael Ignatieff without sounding like a knee-jerk Liberal.

This is a difficult trick that, to my knowledge, has never been performed in public.

Here goes.

To date, the mainstream media (MSM to alienated Tories) has decried Stephen Harper & Co.'s preference for going nuclear on the Opposition leader over defending its own governance. Many have also made the point that there's nothing wrong with spending 34 years outside the country, and have dismissed or glossed over the most telling point of the attack ads: Ignatieff was in the habit of pretending to be American or English depending on his audience at the time.

To outraged Tories, Ignatieff's alleged duplicity is critical. They maintain it's their patriotic duty to expose this imposter, this carpetbagger, this dilettante, for what he is. Imagine, this guy has spent 34 years mouthing off around the planet and now comes home expecting us to anoint him prime minister!

Hence the attack ads. It's a tough job, pilgrim, but somebody's gotta do it.

Unfortunately, the Tories are missing the point. Again. I'm not sure why Harper & Co. have such a collective tin ear, but I think it comes from years of being a "Voice Crying in the Wilderness": "They have eyes, but they do not see! They have ears, but they do not hear!" They really think we'll watch these ads, and we'll all go "Aha!" and vote Tory.

Whatever you think about Michael Ignatieff, it's not going to happen. Iggy may have gone to Harvard, Oxford and Cambridge, but his post-grad political education comes courtesy Barack Obama. These days, negativity won't get you through. When he says he's here to bring people together, not tear them apart, he's found a message Canadians are ready to hear.

This Yes We Can attitude, this message of hope, appears to have completely eluded the Tories. As the governing party, they're in the unfortunate position of telling us what we can't have. But do they have to be so mean-spirited about it?

I'm sure Stephen Harper cares about this country, almost as much as he cares about running it. However, if he wants to keep his job, he'll spend less time picking on a guy who cannot only take it, but give it back double.

He needs to roll up his sleeves, put a smile on his face and take out the following ad: "This is the greatest country in the world, and together we're going to overcome the obstacles and make it even greater. Laurier had it wrong (what do you expect from a Liberal?): It's the 21st century that belongs to Canada."

Now there's a tack we're all waiting to hear.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: Should convicted child killers receive longer prison sentences than other convicted murderers?

Jennifer Roberton
age 17, Toronto

A: People get all iffy because it involves children... I guess it depends on the nature of the crime.

Richard Morrison
age 25, Toronto

A: Well, they both get life ... Life is life; you only get one ... Maybe they should get the death penalty.

Nicole Ryan
age 26, Toronto

A: Yes ... I don't care what your excuse is, what your background is ... They should be punished beyond punishment.

Shaun Atomic
age 28, Vancouver

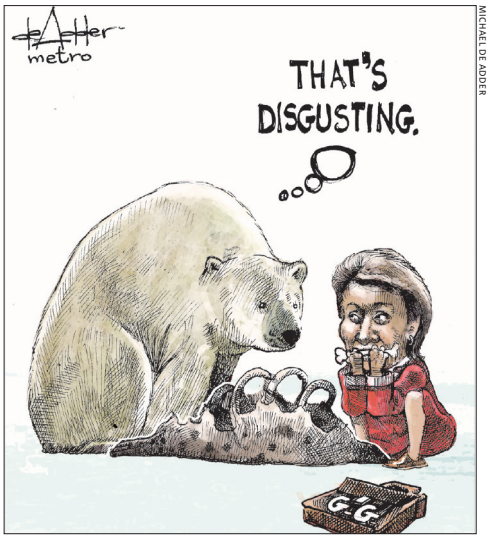
A: It shouldn't necessarily be a longer amount of time served, but the type of sentencing. We need to address the minds of these people.

Angelle James
age 23, Halifax

A: I don't think so. A person is a person — I think it should be the same.

Kaz Bremner
age 28, Calgary

A: Not necessarily. There are more factors involved in that decision, such as motivation and circumstances around the killing.



MICHAEL DE ADDER

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Pakistan lifts ban on opposition leader

Pakistan's top court yesterday lifted a ban on Nawaz Sharif contesting elections, removing a major barrier to him becoming prime minister for a third time. THE ASSOCIATED PRESS

World

UN official demands Sri Lankan inquiry

The United Nations top human rights official demanded an independent investigation yesterday into atrocities allegedly committed by both sides in Sri Lanka's civil war.

High Commissioner for Human Rights Navi Pillay told an emergency meeting of the Geneva-based UN Human Rights Council that tens of thousands of civilians had been killed or injured in intense fighting between the government and Tamil rebels since December.

Pillay said the Sri Lankan government had an obligation to respect humanitarian law at all times, even when fighting terrorism.

> **"In no circumstances can the end justify the means."**
> Navi Pillay

"In no circumstances can the end justify the means," Pillay said. "There are strong reasons to believe that both sides have grossly disregarded the fundamental principle of the inviolability of civilians."

Sri Lankan Ambassador Dayan Jayatilleka said it was "outrageous" to suggest the government should be investigated along with the rebels, saying it was like asking the victorious Allies of the Second World War to accept a war crimes tribunal for the atomic bombing of Hiroshima.

"Just name me one country in history anywhere in the world ... that would embrace such a suggestion," said Jayatilleka. "It's outrageous. Sri Lanka has just prevailed over a notoriously fanatical and formidable army, the Tamil Tigers."

Switzerland, backed by Canada, Mauritius and European countries, proposed a resolution condemning the loss of life — believed to have exceeded 7,000 in the last months of the war — but stopped short of demanding a war crimes probe. THE ASSOCIATED PRESS

Another missile test: Report

North Korea reportedly tested two more short-range missiles yesterday, thumbing its nose at global powers just hours after the United Nations Security Council condemned the regime's provocative nuclear test.

Pyongyang also warned ships to stay away from waters off its western coast this week, a sign the country may be gearing up for more missile tests, South Korea's coast guard said.

North Korea appeared to be displaying its might a day after conducting an underground atomic test in the northeast that the UN Security Council condemned as a "clear violation" of a 2006 resolution banning the regime from developing its nuclear program. South Korea, meanwhile, announced it would join a maritime web of more than 90 countries that intercept ships suspected of spreading weapons of mass destruction — a move North Korea warned would constitute an act of war.

THE ASSOCIATED PRESS

CHAMILI HONDA/THE AP

Pak Tok Hun, North Korea's deputy ambassador to the UN, second from left, walks in New York yesterday.

News in brief

SECURITY Canada's public safety minister says the Shiprider program with the U.S. isn't an affront to Canadian sovereignty. It allows officers from the RCMP and the U.S. Coast Guard to ride each other's vessels.

GUANTANAMO The lawyer for Canadian detainee Omar Khadr says the U.S. military is planning a tribunal session at Guantanamo Bay next week to resolve an internal dispute over his handling of the case.

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Denison Mines raising $82 million

Denison Mines Corp., a Toronto-based uranium miner, says it has struck a deal with a syndicate of investment dealers co-led by GMP Securities L.P. and Cormark Securities to sell 40 million common shares at $2.05 each to raise $82 million. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

ADVERTISING FEATURE

HOW TO LOSE WEIGHT USING THE POWER OF YOUR MIND

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by Rob Sugar N.L.P. Practitioner

WEIGHT LOSS: You have a specific program in your subconscious mind that controls your ability to lose weight. The only way to lose weight permanently is to change your programming. Scientific research has proven that emotional eating is the number one reason for being overweight.

A group of Toronto Weight Loss Coaches and Therapists are hosting a **Free Weight Loss Event & Buffet Dinner** at the North Toronto Memorial Community Centre at 200 Eglinton Avenue West, on Tues. May 26 & Thurs. May 28, 7p.m. - 8:45 p.m. Registration is free at www.FreeWeightLossEvent.com or call 416-440-6176. At the event participants will discover a completely different approach to losing weight. 5 clinically proven techniques will be introduced to retrain the mind and handle:

• Eating at night • Eating too much • Eating the wrong types of food • Yo-Yo dieting or Emotional Eating

It is recommended to register early since seating is limited. Call **416-440-6176** or visit **www.FreeWeightLossEvent.com**.

BMO cuts 1,100 jobs

Profit dives 44 per cent but beats expectations

Bank of Montreal is cutting about 1,100 jobs after a 44 per cent drop in quarterly net income to $358 million.

The bank's results reported yesterday were dragged down by $118 million in job-cutting costs and by higher loan-loss provisions, largely in the United States.

The bank said the job reductions will occur across the company and will continue through the year. Cuts are expected to hit about three per cent of BMO's 36,900-person workforce, primarily in managerial positions.

5% BMO shares closed up five per cent yesterday, gaining $2.27 to $43.83 as sentiment brightened on banks.

CEO Bill Downe described the move as "simplifying our management structure … by reducing layers and broadening mandates." He said future annual savings will exceed the $118 million in severance expense.

BMO Financial Group said it earned 61 cents per share in the second quarter of the banking year. That was down from a year-earlier profit of $642 million or $1.25 per share, despite higher profits in Canadian traditional banking and capital markets.

The results exceeded market expectations.

THE CANADIAN PRESS

MICHEL SPINGLER POOL/THE ASSOCIATED PRESS

United Arab Emirates Crown Prince Sheik Mohamed bin Zayed Al Nahyan and French President Nicolas Sarkozy meet in Abu Dhabi yesterday during a show of French-built Rafale fighter jets.

Sarkozy pushes for stable oil

PRICES French President Nicolas Sarkozy urged oil-rich nations and industrial powers yesterday to work to stabilize world oil prices, noting the global economy cannot afford major price swings while it works to recover from the downturn.

Sarkozy's comments came during a visit to the United Arab Emirates' capital, Abu Dhabi, to formally open his nation's first military base in the Gulf.

He is also pushing a deal for the U.A.E. to purchase Rafale fighter jets.

THE ASSOCIATED PRESS

In brief

MINING A shortage of metal and mineral exploration will create a "severe supply constraint," causing prices to jump to new highs, according to a paper released yesterday by professional services firm Ernst & Young. Many miners have essentially stopped exploration activities, a decision that will lead to shortages in "a few years time," the paper says.

AUTOS General Motors Corp. has nearly all the pieces lined up for an orderly restructuring that would save it from bankruptcy, except for one: Persuading the holders of some $27 billion US in bonds to exchange their debt for stock. The deadline to tender their debt was midnight yesterday. If bondholders representing 90 per cent of GM's unsecured debt don't agree to the exchange, GM has said it will file for bankruptcy protection.

METRO NEWS SERVICES

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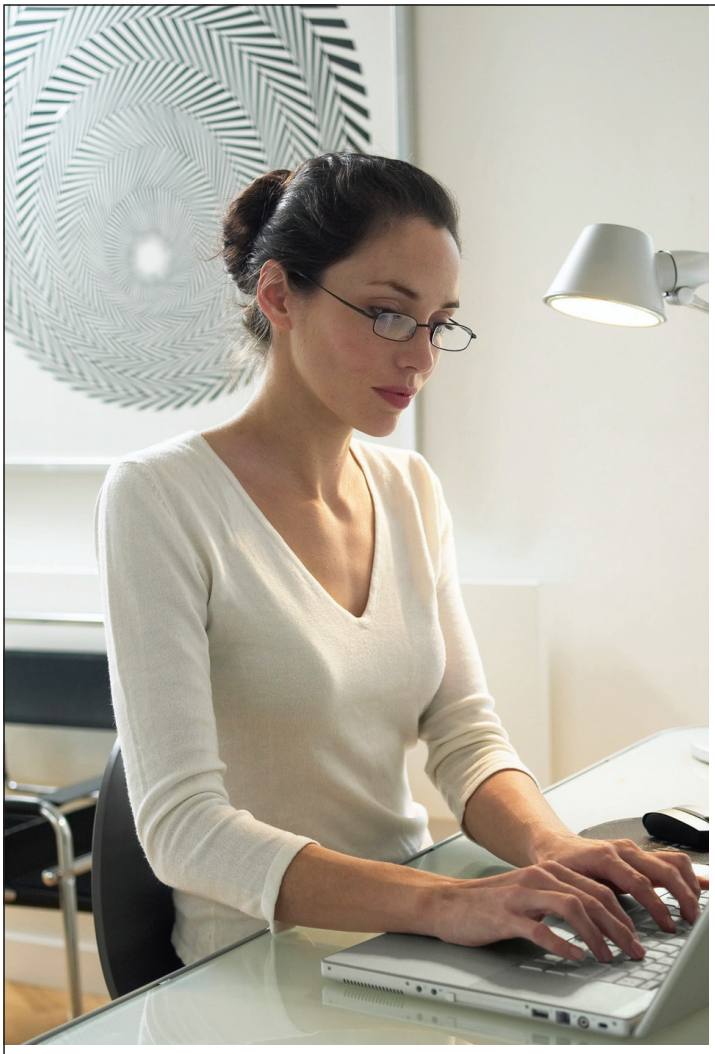

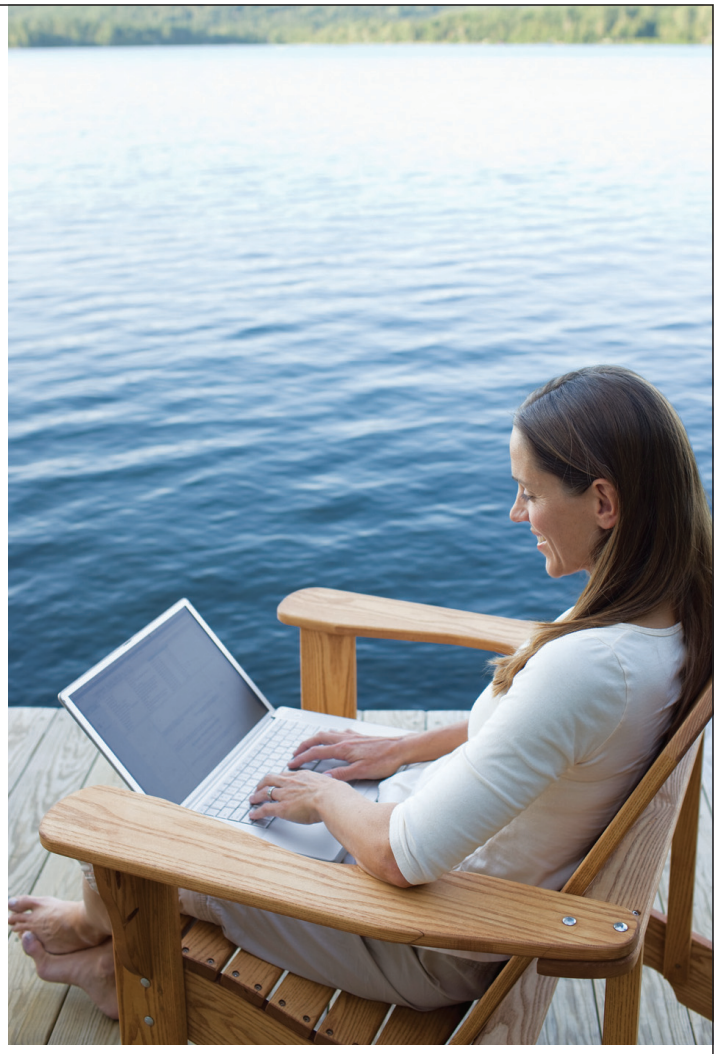

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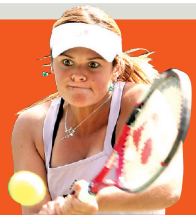
Canseco clobbered

Former baseball slugger Jose Canseco didn't last long in his debut in mixed martial arts. Canseco was stopped by super-heavyweight Hong Man Choi just one minute 17 seconds into the first round at Yokohama Arena in Yokohama, Japan. METRO NEWS SERVICES

Sports



Wozniak advances

Aleksandra Wozniak, left, of Blainville, Que., won her opening French Open match at Roland Garros yesterday, needing three sets to defeat Monica Niculescu of Romania 6-4, 4-6, 6-3. The 24th seeded Wozniak is the first Quebecer to ever be seeded at the Open. She's scheduled to play her second round match tomorrow against Petra Martic.

METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Blue Jays keep on slumping

MLB RESULTS

Toronto 2 Baltimore 7

VS Orioles

BASEBALL Aubrey Huff, Adam Jones and Nolan Reimold homered, right-hander Jason Berken won his major league debut and the Baltimore Orioles defeated Toronto 7-2 last night to stretch the Blue Jays' losing streak to eight games.

Only 10,130 fans — the smallest crowd in the 18-year history of Camden Yards — showed up on a miserable night. Temperatures plunged and a steady mist swirled through the stadium from the outset of the game.

Berken (1-0) gave up two runs, seven hits and three walks in five innings.

THE ASSOCIATED PRESS

Pens complete sweep

Pittsburgh will be in Stanley Cup final for second straight year

Stanley Cup
2009 Playoffs

(Pittsburgh wins series 4-0)

Pittsburgh 4 Carolina 1

VS

The Pittsburgh Penguins punched their ticket to the Stanley Cup final yesterday, and booked a spot in the record books as well.

The Penguins swept the Carolina Hurricanes from the Eastern Conference final with 4-1 victory, making Pittsburgh the first team to reach the final round in consecutive years since New Jersey did it in 2000 and '01.

The Penguins, who were beaten by Detroit in six games in last year's Cup final, advanced on a go-ahead goal by Max Talbot in the first period. Ruslan Fedotenko, Bill Guerin and Craig Adams, with an empty-netter, also scored for Pittsburgh.

The Penguins' young stars, Sidney Crosby and Evgeni Malkin, were a dominant force in the series, combining for 16 points and eight of their team's 20 goals. Crosby assisted on Guerin and Adam's goal for his 13th and 14th of the post-season.

THE CANADIAN PRESS

GRANT HALVERSON/GETTY IMAGES

Pittsburgh goalie Marc-Andre Fleury defends the net as Sidney Crosby battles for the puck against Carolina's Sergei Samsonov last night. The Penguins won 4-1 and booked a spot in the Stanley Cup final.

Former Maple Leaf Zezel, 44, passes away

OBIT Peter Zezel, a gritty NHL centre who became known for his strong two-way game over 15 NHL seasons, died yesterday. He was 44.

Zezel had reportedly struggled on and off with a rare and serious blood disease called hemolytic anemia the past 10 years, and had been in critical condition in 2001.

The Toronto Sun reported that he was admitted to hospital last week for scheduled surgery, but complications developed and his conditioned worsened.

Zezel was born in Toronto and played junior hockey with the local Toronto Marlies before the Philadelphia Flyers chose him 41st overall in the 1983 draft.

He scored a career-best 33 goals in 1986-87 for the Flyers and recorded a combined 49 assists for Philadelphia and St. Louis in 1988-89 after he was traded to the Blues for Mike Bullard.

Zezel helped the Toronto Maple Leafs to a pair of conference final runs in 1993 and '94 and later spent a couple of seasons with the Vancouver Canucks.

In 873 NHL games with Philadelphia, St. Louis, Washington, Toronto, Dallas, New Jersey and Vancouver, he scored 219 goals with 389 assists and was a plus-39.

Hockey was not the only sport where Zezel excelled. He also played with the Toronto Blizzard of the North American Soccer League and the North York Rockets of the Canadian Soccer League.

THE CANADIAN PRESS

Mike Tyson's daughter dies after accident in home

PHOENIX Police say the four-year-old daughter of boxer Mike Tyson has died a day after her neck accidentally was caught in a treadmill cord while she was playing at home.

Phoenix police spokesman Andy Hill said Exodus Tyson was pronounced dead in a hospital just before noon yesterday.

Police have said an investigation showed it was a "tragic accident."

Police say the girl was playing on the treadmill Monday when her head apparently slipped inside a cord hanging under the console.

Former heavyweight champion Tyson was in Las Vegas at the time of the accident and flew to Phoenix on Monday.

THE ASSOCIATED PRESS

Sports in brief

COYOTES Jim Balsillie's bid to purchase the Phoenix Coyotes and move the franchise to southern Ontario will be withdrawn if it isn't approved by the U.S. Bankruptcy Court by the end of June. Balsillie's deadline appears in documents filed yesterday by the lawyers for Coyotes owner Jerry Moyes.

THE ASSOCIATED PRESS

For a recap of last night's NBA playoff action from Orlando, visit: metronews.ca/sports

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Oilers hire Quinn

The Edmonton Oilers added some veteran leadership to their bench yesterday, naming Pat Quinn their new head coach.

Quinn has been out of the league since being fired as coach of the Toronto Maple Leafs following the 2005-06 season.

The 66-year-old led the Canadian national team to gold at the world junior championship in Ottawa earlier this year.

"If I think of leadership, I think of Pat," Oilers general manager Steve Tambellini said during a news conference. "If I think of the way you want to be treated as a player, I think of someone like Pat Quinn. If I think of someone who sets an example morally for an organization of how to go forward, I think of a man like Pat Quinn."

Pat Quinn

The Oilers have also named former Rangers coach Tom Renney associate coach and retained longtime Oiler Kelly Buchberger on staff.

The Oilers will be the fifth NHL team coached by Quinn, who succeeds the fired Craig MacTavish. The two-time NHL coach of the year has 657 career wins in 1,318 games behind the bench with Philadelphia, Los Angeles, Vancouver and Toronto.

"I'm very happy for this opportunity," said Quinn. "Hockey has been my life and I can't think of a better place to continue to work in what I consider to be the greatest job that a man can have."

THE CANADIAN PRESS

Sports in brief

LAS VEGAS O.J. Simpson has appealed to the Nevada Supreme Court to overturn his convictions for armed robbery and kidnapping during a hotel room confrontation with two sports memorabilia dealers.

BASEBALL Outfielder Matt LaPorta was optioned back to triple-A Columbus yesterday by the Cleveland Indians, who recalled outfielder Trevor Crowe from their International League affiliate.

THE ASSOCIATED PRESS

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It's Called Football examines women's soccer
It's Called Football takes a look at the Women's Professional League and how it will affect the Canadian women's national program at **WWW.METRONEWS.CA/BLOG**

Whitecaps control fate in Voyageurs Cup

SOCCER The Vancouver Whitecaps can gain control of their own destiny with a win over the Montreal Impact tonight in the Nutrilite Voyageurs Cup.

Securing the victory will be the Whitecaps' first priority, but goal differential and an upcoming rematch against Toronto FC will be in the back of the players' minds.

A win over Montreal would give Vancouver six points in the six-game tournament, tying it with Toronto. That would set up a showdown when Toronto plays the Whitecaps at Swangard Stadium on Tuesday.

"With the way it's looking it could come down to goal differential between us and Toronto," goalkeeper Jay Nolly said yesterday after the Whitecaps practised in rain and fog at Simon Fraser University. "If we are winning, we've got to try and not (just) protect the lead.

"If you are up 1-0, and you have an opportunity to get two or three more, you have to do it. With it coming down to a couple of teams having six points, or all three of us having six points, you have to bury your chances."

THE CANADIAN PRESS

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Champions League brings best together

Already with the domestic league and cup titles to show for his first season as coach, Barcelona's Pep Guardiola chases the ultimate prize in European club football today when he bids to topple Manchester United and Sir Alex Ferguson in the Champions League final.

From Cristiano Ronaldo versus Lionel Messi to Wayne Rooney versus Thierry Henry, the final shapes up as a classic matchup in a showpiece showdown (TSN, 1:30 p.m. ET).

Guardiola pits his skills against a 67-year-old master manager who has 25 titles in 23 seasons, and the 38-year-old rising star is confident his outstanding Barca team won't let him down.

"I think we have been able to show maturity for quite a few months, but tomorrow's game is the most important," Guardiola told reporters at the Stadio Olimpico yesterday. "I want the players to feel well, to feel beautiful, to feel like they are playing in front of the whole world, to be daring and to feel that they are here because they deserve it and to show how good we are.

"It's the best match to show it."

After scoring 151 league and cup goals this season, Barcelona has the ability to take the title from defending champion United, which also captured the Premier League title for the third season in a row and 11th time in 17 years.

While Barcelona is chasing its third trophy of the season, United is after a fourth. Ferguson's team has also captured the FIFA Club World Cup and domestic League Cup.

In Messi, Samuel Eto'o and Thierry Henry, Barcelona has a strike-force to match or even outplay United's front men. Ferguson is unlikely to field Ronaldo, Rooney, Dimitar Berbatov and Carlos Tevez all at the same time, and there is speculation two of them will be on the bench when the game kicks off.

Likewise, Ferguson is unlikely to field both of his 30-something midfielders Paul Scholes and Ryan Giggs at the same time against the top quality duo of Xavi Hernandez and Andres Iniesta.

THE ASSOCIATED PRESS

Arguably the world's two best players, Manchester United's Cristiano Ronaldo, left, and Barcelona's Lionel Messi go head-to-head today as their teams meet in the Champions League final. GETTY IMAGES

Sports in brief

HOCKEY It appears Sergei Fedorov is ready to leave the Washington Capitals and play in the Kontinental Hockey League next season. Citing sources in Russia, RDS.ca is reporting that Fedorov is about to agree to a two-year deal with Russia's Metallurg Magnitogorsk. The report indicates the two-year contract will see Fedorov collect $3.8 million per season.

TRACK Jamaican star Usain Bolt will line up against four fellow Olympians in the 100 metres at next month's Festival of Excellence. The world record holder will race against American Shawn Crawford, runner-up to Bolt in the 200 in Beijing. Other Olympians include Canadians Anson Henry and Jared Connaughton.

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Metro Workology exclusive: Head to Toe
In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

Workology

Musical winners

Alexander Seredenko and Samuel Deason, two students of The Royal Conservatory's Glenn Gould School, in Toronto, won prizes at The Toronto Symphony Orchestra National Piano Competition, held at The Royal Conservatory last weekend. This prestigious piano competition is a biennial event and attracts Canada's finest young pianists between the ages of 16 and 25. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Shining a light in the darkest corners

Head to **Toe**

JON TATTRIE
for Metro Canada

Most doctors have no trouble finding patients: they just go to the waiting room. But for doctors who have chosen to work with troubled, vulnerable people, even reaching their patients can be extremely difficult.

Dr. Julio Montaner, director of the B.C. Centre for Excellence, is one of the world's leading HIV-AIDS experts. Part of his work includes combating the disease in Vancouver's impoverished Downtown Eastside.

He says people on the streets have seemingly bigger problems than treating HIV.

Finding food, shelter, staying safe, dealing with mental-health problems and getting the next hit all take precedence over an invisible infection that hurts little in the early stages.

"They need places they can get services that are the number one priority for them, so that eventually … you can start addressing other issues. I always say, 'HIV is my priority, but it is not your priority,'" Montaner explains.

"The number one priority is to help these people live a better life. The second priority is to stop the stigma and discrimination that makes it so difficult to work with these individuals."

Part of that is decriminalizing drug use, he argues. "We can't continue to try to help these people because they have a drug problem and on the other hand, chase them around because they have five grams of marijuana in their pocket. We're working at odds with each other; we need to get our priorities straight."

Supervised injection sites and the medicinal use of heroin can help, too, he says.

"If we can give people the opportunity to engage in HIV treatment, these become life saving for them," he says. The treatment also vastly lowers the presence of the disease in the body, meaning it is much less likely they will transmit the disease. "Unless we do that, we are not going to be able to control the epidemic."

But many street people don't get treatment, meaning they get sick and die after being infected for many high-risk years. Montaner calls it a "reservoir of highly infectious cases that is not controlled."

"People are telling us that treatment for HIV is expensive; we're saying not to bring treatment to these people … is not only unethical, but it's actually stupid. It's more expensive not to do it."

For more of the Head to Toe exclusive series check Workology frequently or stop by:
metronews.ca/work

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Governor General urges Ottawa to establish university in Arctic
Governor General Michaëlle Jean is calling on the federal government to establish a university in the Arctic so Inuit youth can get a degree close to home and benefit from the region's expected economic activity. METRO NEWS SERVICES

Judges are human too, even in a court of law

WorkplaceLaw

Faced with significant changes to their compensation, employees can either leave, or lose, their jobs. Many will then turn to the courts. However, as I often write in this column, winning or losing in an employment law case can have as much to do with the judge you happen to draw as with the relative merits of your claim. Here are three cases that illustrate this uncertainty.

After 36 years at the Bank of Nova Scotia, David Chapman resigned, arguing that a reduction in his salary and the bank's failure to honour a promise amounted to his termination. In a three-year period, Chapman's base salary had remained consistent, but his overall salary had declined by 13 per cent through a reduction in his incentive compensation, such as stock options, bonus pay and shares.

Following the third straight yearly decrease, Chapman met with the bank and protested the decline in his pay. Believing there was not a sufficient interest in remedying the problem, Chapman resigned, feeling that he had no other option but to leave.

The legal doctrine of constructive dismissal permits employees to treat fundamental changes to their jobs as effectively amounting to their termination. An adverse change in an employee's pay will usually meet this test. However, Chapman's case was dismissed. The court reasoned that, despite the decline in his total pay, he had always been paid on a variable scale and still fell within the applicable salary range for his position.

A recent decision from British Columbia had the same result for Marcia Pavlis. An Investment Advisor with HSBC Securities, Pavlis argued that her employer's refusal to pay trailer fees and disability insurance in a timely fashion represented a fundamental breach of her employment contract, such that she could resign and then sue as if she had been dismissed. However, Pavlis was not able to show that the changes to the compensation were critical enough to consider her employment as at an end. In dismissing her case, the court commented that a 9- to 10-per-cent reduction in salary will not usually amount to a constructive dismissal, while anything more than a 15 per cent change in pay could meet that test. As the changes to Pavlis' salary had been negligible, she had to accept them or voluntarily resign.

Contrast these cases with the recent Ontario decision involving Lawrence Doran and Ontario Power Generation Inc. Here, a number of changes were established that would have had the effect of reducing Doran's compensation by 15 per cent. Although OPG argued that the changes were applied consistently to all executive-level employees and were necessary from a business perspective, the court was not convinced. It found that Doran was permitted to treat his employment as at an end given the changes to his pay, in which case he would receive the same severance pay as if he had simply been fired.

"Employment law can have as much to do with the judge as your claim."

What can employees and employers take from these cases?

- Whether a change in compensation amounts to a breach of contract turns, in large part, on how much money the employer fails to pay, relative to the employee's total compensation.
- Judges are human. They will decide cases based on their subjective predispositions of right and wrong as much as they do based on precedent or merit.

Daniel A. Lublin is an employment lawyer focusing on the law of dismissal; dan@toronto-employmentlawyer.com.

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2009 VUE® XR model shown

2009 VUE XE

OR CASH PURCHASE PRICE, STARTING AT

$21,925‡*

WITH RETAILER CASH ALTERNATIVE TO SATURN PROMISE PLUS EVENT

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- 2009 TOP SAFETY PICK AWARD winner from the **Insurance Institute for Highway Safety**˅

Also available as a HYBRID

2009 AURA® XR model shown

2009 AURA XE

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$20,175‡*

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HWY - 5.9 L/100 KM (48 MPG)° CITY - 9.4 L/100 KM (30 MPG)°

- Better fuel efficiency than the Accord or Camry (excludes hybrids)

Also available as a HYBRID

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*The 2009 vehicle's Powertrain components are covered by a limited Powertrain component warranty for up to 5 years or 160,000 km, whichever comes first. See Retailer for details and conditions on limited warranty and customer assistance/service features. **The Canadian Warranty Commitment Program is a supplement to the express conditions and warranties described in the Warranty and Owner Assistance Information booklet. Other coverages are not extended or altered due to this supplement. ^Within the first 30 days or 2,500 km of delivery, whichever comes first. You should know this: Cash purchase price includes discounts or other incentives which are only available where consumers opt for cash purchase price. By selecting purchase financing offers, consumers will be foregoing such discounts and incentives, which will result in higher effective interest rates. §4.30% APR for 72 month manufacturer-to-retailer delivery credit (tax exclusive) available on 2009 Saturn VUE XE FWD/2009 Saturn AURA XE. Such delivery credit is not available on 2009 Saturn VUE XE AWD/2009 Saturn ASTRA XE. Purchase financing is $10,000 at 4.30% APR. In the cash purchase prices in this advertisement, See Retailer for details. †Financing is $10,000 over bank credit only at 4.17% Canada Trust. Offer effective April 3, 2009 to May 4, 2009, inclusive, and is subject to change without notice. Offer may not be available at participating retailers. Retailer may lease or sell for less. Lease example is $118 bi-weekly (total obligation is $3,068) for a 2009 Saturn ASTRA XE with a $0 down payment and reflects $0 cash alternative to Promise Plus Event manufacturer-to-retailer delivery credit (tax exclusive). 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XM Radio service is available in the 10 Canadian provinces and 48 contiguous states in the U.S. For more information, visit xmradio.ca. ¶Based on 2008 Natural Resources Canada Fuel Consumption Guide. Applies to 2009 Saturn ASTRA XE with manual transmission/2009 Saturn VUE XE FWD/2009 Saturn AURA XE (excludes hybrid models). Your actual fuel consumption may vary. See Retailer for details. The 2009 VUE earned the IIHS "Top Safety Pick" based on 2009 IIHS testing. GM reserves the right to amend or terminate these offers and/or the program for any reason, in whole or in part, at any time, without notice. ˙OnStar is a registered trademark of OnStar Corporation. The XM name and related logos are trademarks of XM Satellite Radio, Inc. ©2009 Saturn Corporation. Saturn and its logos are registered trademarks of Saturn Corporation. All Rights Reserved.

Nicole, Joel go eco-friendly
Nicole Richie and her Good Charlotte boyfriend Joel Madden are going greener with their new diesel SUV, a Mercedes-Benz BlueTEC SUV. METRO WORLD NEWS

Metro Drive

Top tires

Michelin Tires has topped the luxury, passenger car, and truck/utility segments, while Goodyear has aced the performance sport segment, according to a new study by J.D. Power and Associates.

METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Camaro comeback

Iconic sports car muscular and handsome as ever

LORNE DRURY
for Metro Canada

Chevrolet's 2010 version of the legendary sports coupe Camaro features both V6 and V8 engines.

These are trying times for the folks at General Motors.

So it was nice to see some smiles on the faces of Chevrolet executives as they recently introduced the long-awaited 2010 Camaro to assembled members of the media in the outskirts of the Motor City.

Blog sites and forums have been filled with chat about the new Camaro. And before production had even begun, Chevy had presold 14,000 units and had more than 15.5 million Camaro hits on its Web site.

The Camaro is available with both V6 and V8 engines combined with either six-speed automatic or manual transmissions.

And best of all, fuel economy is decent for a performance car, delivering an estimated 6.9L/100 km (41 mpg) highway with the peppy 304 hp 3.6-litre V6 engine.

True to its heritage, the Camaro is also offered in SS trim with a powerful 400 hp (426 hp with the manual transmission) 6.2-litre V8. Prices start at $26,995 for the V6 LS model and $36,995 for the SS.

While the Camaro name dates back more than 40 years to 1967, Chevy executives insist this isn't a retro car.

In fact, the goal is to attract younger, well-educated buyers to Chevrolet with the Camaro and the marketing types at GM forecast only a third of all buyers will be performance enthusiasts, drawn to the car for nostalgic reasons. These are the buyers who will go for the powerful V8.

Built on GM's new rear-wheel drive Zeta platform like the Pontiac G8, the Camaro draws its styling lines from the iconic '69 first-generation model while at the same time offering modern-day features such as independent rear suspension, six standard air bags and even a cylinder de-activation system in the V8 automatic that helps save on fuel.

Cloth or leather seats are available on the 2010 Camaro. XM satellite radio, keyless entry and OnStar are also standard.

Does the modern, sharper styling work with the Camaro?

Well the buying public will be the judge and during our half-day ride and drive just outside Detroit, the Camaro sure attracted attention. Heads turned, camera phones were pointed our way and even the local constabulary came out in one small town to take a close-up look along with a number of locals. The car is an attention-getter, no doubt.

Styling wise, I prefer the Dodge Challenger, but the Camaro gets the nod for its better road manners.

The Camaro is particularly striking from a rear view, with a muscular look thanks to the wide haunches. All versions get dual exhausts, adding to the muscle car appeal.

All in all, an exciting new car that is expected to draw increased traffic to GM showrooms.

2010 Chevy Camaro

Type: Sports coupe
Price: $26,995 to $40,995
Engine: 3.6-litre direct injected V6 (304 hp, 273 lb/ft) with manual or automatic transmissions; 6.2-litre 16 valve OHV V8 (426 hp, 420 lb/ft manual or 400 hp, 410 lb/ft automatic)

Highlights

- Great muscle car appeal, especially from the rear
- Decent fuel economy

The 2009 Acura TL recently received a five-star safety rating from IIHS.

Acura TL completes safety sweep

RATINGS For the first time in the history of automotive safety crash testing, an automobile nameplate has simultaneously earned top government and IIHS safety ratings for every vehicle in its line-up.

Recently, the National Highway Traffic Safety Administration (NHTSA), as part of New Car Assessment Program (NCAP) testing in the U.S., awarded the all-new 2009 Acura TL a five-star rating — its top rating — for side impact crash safety for both front and rear passenger seating positions.

In earlier NHTSA testing, the 2009 TL achieved top safety ratings (a five-star rating for frontal crash performance for both driver and front passenger along with a five-star rating for rollover resistance) meaning the 2009 TL now ranks as a top performer in all governmental safety ratings.

"Acura's achievement means that no matter which Acura model buyers choose, they're getting a high level protection for the most common types of real-world crashes," said IIHS president Adrian Lund.

FROM CARGUIDE

Kia Sorento revealed in Seoul

The all-new Kia Sorento

DEBUT Kia has took the wraps off its all-new Sorento at the recent Seoul Motor Show.

Longer and lower, the new Sorento brings sleek styling and a futuristic touch to the world of the urban CUV.

With its longer front overhang, wedge profile, crisply defined greenhouse and accentuated wheelarch volumes, Kia's new CUV looks thoroughly modern and sporty.

The 4.7-metre long new Sorento moves vehicle design in this segment up to a new level of sophistication.

As part of Kia's drive to expand market coverage with its latest CUV, the new Sorento will be manufactured with a total of four engines, with different engines being available in various regions around the world in order to best suit local requirements and with CO2 emissions from just 173 g/km.

Bold frontal styling incorporates Kia's new signature grille that blends seamlessly into the new Sorento's four-light, black bezel wrap-around headlamps. The profile's rising upper belt-line and the dynamic bevel treatment beneath the greenhouse plus the unique trapezoid

During the development of the new Sorento, Kia engineers ditched the body-on-frame structure and designed an all-new unitary (monocoque) bodyshell with room for up to seven occupants.

Building on those new foundations, they concentrated on eight key areas: Class-leading performance, increased fuel economy, reduced emissions, improved on-road handling, more fun-to-drive responsiveness, greater cabin space and comfort, enhanced overall safety and the introduction of new technologies.

Depending on the model, new Sorento will be equipped with a six, eight or 10-speaker audio system, with MP3 and iPod connectivity, plus built-in or external amplifier and a new sat-nav system with a 6.5-inch screen.

Remote controls for the audio system are mounted on the steering wheel.

FROM CARGUIDE

Hydrogen Tour kicks off

The Hydrogen Road Tour, in which the public will be encouraged to test drive hydrogen fuel vehicles, kicked off in San Diego yesterday and is scheduled to end June 3 in Vancouver, Canadian Driver reports. The tour will travel more than 2,735 km. METRO NEWS SERVICES

'Tailored' or not, Fiesta fits

AutoPilot

Michael Goetz

metronews.ca/autopilot

Metro columnist Michael Goetz recently test drove a Ford Fiesta and mostly liked what he saw.

"Let's be clear, (Fiesta) is a stellar, small car. When, and in whatever 'tailored' form it arrives in, it will be great for consumers, and for Ford."

The new Ford Fiesta is a world car in every sense of the word.

But, in the words of a Ford Canada press release, the Fiesta, will be "tailored" to meet customer preferences for interior features, exterior colours, body styles and other options in each region of the world."

"Tailored" usually denotes a good thing, but when it comes to Fiesta, it means less of something we might want.

First off, there will be no three-door hatch models. We'll get five-door hatch models, and a yet-to-be-seen four-door sedan.

It also means less engine options. In fact we'll probably only get one — the 1.6-litre gas-powered Ecotec — while European customers get six. So don't look for the smaller fours, or any diesels, like the super-efficient one in the Econetic Fiesta, which helps the model achieve a combined city/highway fuel efficiency rating of 3.7 L/100 km.

That kind of tailoring reminds me of the cat across the street. He got "tailored" and now he's no longer in the kitten-making business.

And North Americans have already suffered from Fiesta "tailoring," as we're not going to see our versions until next summer, when they come off a Mexican assembly line as 2011 models.

Fiesta models have been on sale in Europe since last August, where they have been a big hit, becoming Ford's fastest selling model. Its home plant, in Cologne, Germany, has already produced over 250,000 units.

A second Fiesta plant was added in Spain. Another version of the Fiesta will also be built in China and Thailand, for Asian, South African, and Australian markets. Customers in those parts of the world can buy their Fiestas this summer. I don't know if you noticed, but that puts us last on the list.

I had a chance to drive a European model recently — a five-door hatch model, equipped with the 1.6-litre Ecotec "four" and a five-speed manual. Ford Canada brought this particular vehicle over from Europe, and doled out test rides to the press, in 10-minute increments. I think this is a plot to keep potential buyers thinking about the Fiesta, and not drifting to off to subcompact competitors that are already on the market, like Fit, Versa, Yaris, Accent, Rio, etc.

Well, I'm here to report that their evil plan might work. It's certainly the best-looking subcompact on the market. Add great road manners: Quiet, comfortable, and agile. The interior is very modern and features a centre stack that evokes the look and feel of a cellphone (this is good, I think).

Only the back hatch is a bit of a let down. The rear seats don't fold down flatly or neatly, and it seems a bit unfinished back there too. It doesn't have the utility of something like a Honda Fit, which is about a foot longer and way more cargo friendly.

But let's be clear, this is a stellar, small car. Here we have a global car, an efficient, tidy car, and a great looking and performing car. When, and in whatever "tailored" form it arrives in, it will be great for consumers, and for Ford.

Michael Goetz has been writing about cars and editing automotive publications for more than 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

Insight into the green heart of Canada

MARK ATKINSON
for Metro Canada

The Insight into Canada cross-Canada tour made a stop at the headquarters of Earth Rangers in Maple, Ont. The group is dedicated to explaining kids the importance of local ecology.

It's rare when an automaker launches a car so in tune with the market's demand for cleaner rides. It's rarer still when the automaker's official launch pays little attention to the product itself, especially in these tough economic times, and more on Canadians and their bid to live greener and healthier. That's the case for Honda and its reincarnated gasoline-electric hybrid, the 2010 Insight.

The Japanese carmaker recently organized a cross-Canada tour, called Insight Into Canada, with the first new model to hit our shores. The unique road trip from Victoria, B.C. to St. John's, Nfld. drew attention to not only Insight's excellent fuel-efficiency and small carbon footprint, but also on eco-friendly projects, large and small, that corporations and everyday Canadians are working on today — a green car connecting with green communities.

In Ontario, the Insight entourage explored environmentally conscious building solutions at the Earth Rangers' headquarters in Maple. The group is dedicated to not only educating children about energy and water conservation, but also make them understand the importance of local ecology.

"We want to be Terry Fox for the environment," said Peter Kendall, Earth Rangers' executive director.

Sunny Side

"We're trying to teach the kids that it's not just about planting trees. It's about full habitat restoration."

It's fitting that the Rangers' ultra-efficient headquarters, which uses off-the-grid technologies like flushless toilets, solar power and geothermal heating, also houses the Canada Green Building Council, which helps shape future building efficiency standards using the Leadership in Energy and Environmental Design (LEED) rating system.

In fact, Honda Canada is incorporating many LEED initiatives into its upcoming corporate headquarters in Markham.

In Sackville N.B., the hybrid group met up with Choleena DiTullio, an artist who has created over 500 pieces using recycled jewelry, staples and hardware, and who is also tackling the tremendous concept of green living one day at a time.

"I was so overwhelmed by all the choices and tasks required to be completely carbon-footprint free, that I almost gave up on the whole thing."

Then she issued herself a challenge. Every day she does one small thing to improve her place in the environment, everything from reusing dehumidifier water in the washing machine to buying unbleached coffee filters is fair game.

DiTullio's efforts show just how simple it is to incorporate small changes into our everyday habits.

2010 Honda Insight

- **PRICE:** $23,900-$27,500
- **TYPE:** Hybrid sedan, 5 doors, 4 seats
- **ENGINE:** 1.3-litre four-cylinder with Integrated Motor Assist (IMA)
- **FUEL ECONOMY:** 4.8 city/4.5 highway/4.7 combined L/100 km (estimated)

2010 Ford Fusion Hybrid.

Frugal Fusion stretched to the max

HYBRID Drivers trained in mileage-maximizing techniques such as smooth acceleration and coasting to red lights were able to get an extraordinary 2,326.6 km out of a single tank of gas during a recent fund-raising effort. They did it by averaging 131.5 km per gallon in an off-the-showroom floor, non-modified 2010 Ford Fusion Hybrid, one of the most fuel-efficient midsize car in North America — nearly doubling its U.S. certified mileage. A team of seven drivers prepared for the challenge by learning a few mileage-maximizing techniques, most of which can be used in any vehicle to improve fuel economy.

FROM CARGUIDE

HEY TORONTO, COME LET THE NEW 2010 FUSION OR 09 FOCUS TAKE YOU FOR A TEST-DRIVE...

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52MPG – 5.4L/100KM HWY
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SEL Model Shown

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33MPG – 8.5L/100KM CITY
Focus SE Manual***

SEL Model shown. MSRP $19,399

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WISE BUYERS READ THE LEGAL COPY: ‡‡ Ford quality is based on cumulative survey data of 2008 model year Ford and competitive owners at three months of service in three surveys conducted 5/07-5/08. †† Fuel efficiency figures based on the Ford Motor Company Canada, 2009 ratings. A hybrid fuel consumption may vary based on road conditions, vehicle loading, and vehicle equipment and driving habits. ** "Most consumption ratings based on Transport Canada approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading and driving habits. * "Safety ratings based on insurance Institute for Highway Safety (IIHS). Top Safety Picks historical data from 2006 to 2009 and on the National Highway Traffic Safety Administration's (NHTSA) historical five-star crash test ratings. Government star ratings are part of the NHTSA's New Car Assessment Program (www.safercar.gov). Based on estimated fuel consumption ratings. Fusion Hybrid 4.6L/100km city and 5.4L/100km hwy or Fusion S I-4 automatic 8.9 L/100km city and 5.8L/100km hwy (excluding hybrid). Mid-size class per R.L. Polk & Co. (U.S.) Intermediate per R.L. Polk Canada, Inc. Limited quantities of Fusion S available in Canada. The Ford Five-O Event ("Five-O") is in effect from May 1, 2009 to June 30, 2009, at participating Ford of Canada Dealerships. During the Five-O Event one or more combinations of $0 first month's payment, 0% APR purchase financing for up to 60 months, $0 down payment, $0 due at signing, and $0 security deposit will apply to the purchase finance or lease of select new 2009 and 2010 Ford vehicles. Offers vary by model and not all combinations will apply. Offers are available to retail customers only. Offers include freight and air tax, but exclude license, insurance, PPSA, registration, administration fees and all applicable taxes. These offers are subject to vehicle availability and may be cancelled at any time without notice. Dealer may sell or lease for less. Limited time offers. Some conditions apply. $0 first month's payment required on the purchase finance or lease of all new 2009 and 2010 Ford vehicles delivered on or before June 30, 2009. Offer valid from May 1, 2009 to June 30, 2009. First monthly payment will be paid up to a maximum amount of $500 ($750/$1,000 per eligible 2009 and 2010 Focus, Fusion, Mustang, Taurus, Escape, Ranger / Edge, Flex, Taurus X, Explorer 4Dr, Explorer Sport Trac, E-Series / Expedition, F-150, F-Super Duty. Offer only available to customers who finance or lease through Ford Credit. Offer not available to cash purchase customers. Offer is only available on approved credit (OAC) from Ford Credit. A, X, Z plan customers are eligible for $0 first month payment, see dealer for details. Not combinable with Commercial Fleet incentive program. CPA, GPC or Daily Rental Allowances. ‡‡ Vehicles only available on the purchase of eligible vehicles. † from May 1, 2009 to June 30, 2009, Ford Motor Credit Company will pay $0 first month's payment, $0 down payment, $0 due at signing, $0 security deposit, 0% APR purchase financing for up to 60 months on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Not combinable with Commercial Fleet incentive program. CPA, GPC or Daily Rental Allowances.

Official opening!

Canadians visiting the Dominican Republic can now access a new office of the Embassy of Canada in Punta Cana for help with consular services. About 450,000 Canadians visit the Punta Cana-Bavaro region each year, and a number of Canadians settle in Punta Cana to live. METRO NEWS SERVICES

Travel

Where's the lounge?

Priority Pass, a worldwide independent airport lounge program, has launched a new iPhone application to let users to search its database of over 600 airport lounges. Travellers at airports can request details of the closest lounge, and then locate it using GPS. The application, Priority Pass lounge finder, is available on the iTunes App Store. Travellers with mobile internet access from other phones can visit prioritypass.com/mobile to search for lounges by entering an airport code. METRO NEWS SERVICES

TRAVELDESK@METRONEWS.CA

Journeying to the Lost World

Venezuela's billion-year-old tepuys are an epic destination

DOMINIC HAMILTON
for Metro Canada

JUAN SILVA/THE IMAGE BANK

IMAGE SOURCE

Left, Venezuela's Angel Falls, the world's highest waterfall, and Ayuan Tepuy. Right, the flat top of Mount Roirama, another tepuy, rises above a bank of clouds.

Waterfalls are popular places. There's something about them that makes people gush with torrents of praise and wonder. You have honeymooners' Niagara, of course, and then Africa's Victoria Falls, and the likes of Iguazu on the Brazil-Argentina border.

But although these are worthy of praise, the falls which tower above them all is the loftily-titled Angel Falls, in deepest darkest Venezuela.

Angel Falls is massive. It's so tall its waters separate into a million dancing droplets by the time they reach the forest canopy below, where rainbows arc at its feet. It's the height of sixteen Niagaras piled atop one another: A near-kilometre of free falling water.

The falls vault from a canyon that prises open the vertical cliffs Auyan Tepuy, or Auyan mountain. Auyan, the largest of the unique mesa mountain tepuys of the ancient Guyana Shield, rises 2,510 metres (8,233 ft) in south-eastern Venezuela. The entire region is protected by the jewel in Venezuela's already shining crown of national parks, Canaima National Park – one of the world's largest.

Arthur Conan Doyle based his adventure yarn, The Lost World, on reports by Victorian explorers to the region. It was widely believed that life on top of the mesa mountains, isolated from the world, could have been suspended in its evolutionary development. The possibility of dinosaurs still existing on the mountains has fired the imagination of every visitor since then.

Although no dinosaurs have been found to date, the summits of the mountains do harbour some fascinating creatures, most of them found on one mountain, and nowhere else.

Our "modern" age has been no less susceptible to the magic and mystique of this remote region. Rumours of UFO activity abound, and the indigenous Pemon Indians still maintain the mountains are home to mischievous spirits.

Perhaps it would be more poetic if the name Angel Falls derived from a miraculous saintly figure that once appeared to an Indian, or echoed the shape of its white plume cascading down from the heavens.

Read more on page 27 »

Drawing on nature

- The new Disney 3-D animated film, Up, which is to be released on Friday, is about the journey of a lifetime (via a house tied to thousands of balloons) to Venezuela's mystical formations known as tepuys, and to a fictional waterfall called Paradise Falls, which is based on Angel Falls. A Disney production team actually made the arduous journey to the tepuys in order to capture the prehistoric and otherwordly ambience of the area.

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Off the beaten path

TripAtlas.com's list of non-typical dream honeymoon destinations includes Marrakech; Kauai; the Austrian countryside; lesser-known Bahamas islands such as Long Island, Eleuthera and Exumas; Buenos Aires; Puerto Vallarta; and Fiji's Turtle Island. METRO NEWS SERVICES

ALBERTO L. POMARES G.

A panoramic view of Angel Falls, named after the adventurous Canadian pilot Jimmie Angel, and Ayuan Tepuy, a flat-topped formation akin to a mesa.

Continued from page 26 ››

The truth, however, is far more entertaining, and, in a land rich in gold and diamonds, far more appropriate.

It's named after a maverick bush pilot called Jimmie Angel, a Canadian Air Force pilot of the First World War with a penchant for red-heads, and a passion for gold.

In 1921, Jimmie was contracted to fly to one of the Guyana Shield's mountains, called tepuys by the Pemon. He landed his plane atop one of them, where his contractor proceeded to pan a river, and fill a sack, so the story goes, full of gold nuggets. So many, in fact, Angel feared they wouldn't be able to take off again with the extra weight.As they nosed off the mountain, the plane plunged thousands of feet before Angel managed to level out.

So began Angel's obsession with the River of Gold, taking his place in the long line of adventurers who have raked the region in search of El Dorado. Over the following years, he persuaded various backers to fund his trips in search of "his" mountain. He never found it. But in 1933, Angel returned from a trip very excited. This time it wasn't a river, gold, a tepuy or even a red-head that had caught his imagination, but a waterfall. He claimed to have sighted surely the tallest in the world.

"A waterfall a mile high," he claimed.

Tell us another tall story, retorted the other regulars at the bar.

On a flight in 1937, Angel attempted to land on the surface of the Auyan mountain. His small plane stuck in a bog. He and his party, which included his wife, were forced to find a way down. They eventually made it to a nearby mission 11 days later — somewhat slimmer. This time though, they all got a good look at the falls, and Jimmie's story didn't look so tall after all.

Today, you can see Jimmie Angel's rescued plane at the airport in Ciudad Bolívar, a city on the banks of the Orinoco. And you can follow Angel's flight path in a small Cessna right past the falls as it cascades off the intimidating Auyan mountain. But the best way to truly appreciate the grandeur of the falls is to take a boat trip to its base. River-depth permitting, motorized dugout canoes piloted by local Pemon make the trip up from the idyllic shores of Canaima Lagoon.

You can do the trip in a day, but the most rewarding way to visit is to stay overnight slung in a hammock, and climb to the lookout beneath the falls at the crack of dawn. Then, as the sun's rays rise from the east, they slowly edge their way down the mountain's cathedral façade, bathing the falls in pure golden light. It's just as well Jimmie's surname wasn't Smith.

Good to know

Getting to Angel Falls

- The village of Canaima, gateway to Angel Falls, is at the north-western edge of Canaima National Park, northwest of Auyan Tepuy. Canaima may be touristy by many standards, and the original Horturvensa camp's architecture somewhat disappointing, but the overall effect is magical.
- The alternative is to begin your trip in either Kavak (visiting the mysterious canyon) or Kamarata. From the latter, you take a dugout, passing Angel Falls and ending in Canaima.

When to go

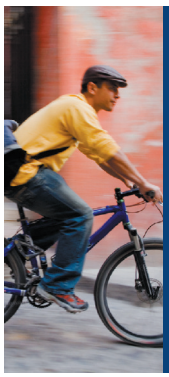
- You can only travel by dugout up the Río Churún in the rainy season, which runs from April-May to late November. However, trips might be possible on the fringes of these months as well — though you might have to get out of your boat more often! At other times, the only way to see the falls is by plane.

More information

- angel-ecotours.com
- venezuelavoyage.com
- thelostworld.org
- lastrefuge.co.uk

KRZYSZTOF DYDYNSKI/LONELY PLANET IMAGES

Travelling by boat up Carrao and Churun Rivers to Angel Falls, in Canaima National Park.



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Great service

Riding the rails this summer? On certain VIA trains, you can request special stops so you can get off at a particular lake, hiking trail or whatever other locale strikes your fancy. See viarail.ca for details. You can also take bikes, canoes and kayaks on selected trains (look up checked baggage services). METRO NEWS SERVICES

Homegrown summer holidays

Get inspired by our to-do list of cross-Canada destinations

Compiling best-of lists can be a dubious pursuit, especially when trying to winnow down a field that defies winnowing. Say, for example, you set out to pick the top summer vacation experiences across Canada.

You can make a great case for the staggering natural beauty of one place, the serenity of another, the liveliness of a third, the beer selection in a fourth — and a thousand readers will promptly respond that you've missed someplace far better than anything on your list. And they will all be right.

So we're not going to make any claims regarding the following list of cross-country summer holiday experiences, other than to say they're cool, they're homegrown and we'd like to hit all of them. Happy summer.

TRAVEL ALBERTA

Waterton Lakes National Park in Alberta.

Catch a wave in Tofino, B.C.

Learning to surf in this town on Vancouver Island's west coast may be an obvious choice, but we've heard such great things about the experience that we think it's worth mentioning yet again. Tofino is home to world-class surfer Raph Bruhwiler, who runs one of the local surf schools (brother Sepp runs another), and is a draw for experts and newbies alike. Waves are better in the winter, but you can surf year-round. See tourismtofino.com.

Vermeer in Vancouver

If camping, bugs and barbecues just aren't your thing, but culture is, check out the blockbuster art show on in Vancouver this summer. It's called Vermeer, Rembrandt and the Golden Age of Dutch Art: Masterpieces from The Rijksmuseum, and it's on until Sept. 13; see vanartgallery.bc.ca

See the lights in Churchill, Man.

Is is really possible to be Canadian born and bred but to never have witnessed the full-on, otherworldly majesty of the Northern Lights? Well, yes, but we don't want to be like that.

There's one sure remedy, and that's to head way north to the tiny town on the tundra known as Churchill, Man. (which is also famous for its late-fall polar bear sightings).

Late August to early September is a good viewing time. The Aurora Borealis will light up your nights, and by day, you can go diving with the white beluga whales that head to Hudson Bay in summertime. How's that for a double whammy of nature?

One way to get to Churchill is to take a two-day train ride from Winnipeg. And on our return to Winnipeg, after all that nature, we'd opt for a stay at The Fort Garry. Why? Because nothing says iconic Canadian holiday like a grand old railway hotel, and the Fort Garry is flippin' beautiful. That's why. See churchill.ca and fortgarryhotel.com.

Park it in Alberta

Waterton Lakes National Park made Frommer's 2009 worldwide list of places to check out, which initially made us a bit gruff and skeptical (How can you possibly single out one Canadian park? What do they know anyway?) and then properly intrigued (Actually, they know quite a lot).

Sunny Side

Read more on page 29 »

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Las Vegas 4 Nights $295
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Maui 7 Nights $949
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Florida Cruise & Stay Family Special $679*
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TIpped off
Having trouble taking vacation photos? Jim Richardson of National Geographic advises that If water is in your shot, try to get a reflection. Bring the camera right down to water level (but still dry) where the reflections are most symmetrical. THE ASSOCIATED PRESS

The dunes of Sandbanks Provincial Park.

>> Continued from page 28

Indeed, their arguments in its favour are pretty compelling: "Tucked neatly away in the southwest corner of the province, Waterton is the least-traveled of Alberta's Rocky Mountain Parks, and quite possibly the most spectacular.

"That's saying a lot: the other two, Banff and Jasper, are among the world's leading international tourist destinations. But Waterton is positively otherworldly, with its abrupt shift from prairie to mountain terrain, as well as its icy-blue lake that fills an ancient gully surrounded by mountain and glaciers.

"Given the fact that its quaint, tiny town site vanishes a few steps down any of the many trails here, it's one of the only places in the Canadian Rockies where you can feel apart from the modern world. Plus, its relatively sparse traffic means most things are as much as 30 per cent cheaper than Banff."

Picnic on the dunes at Sandbanks

Ontario's Sandbanks Provincial Park, in Picton, Ont., is hardly a secret, but it's still amazingly little-known by city folk who'd be astounded at how close they are to the parks' gorgeous dunes and sandy beaches.

Thankfully, its provincial park status means that the beaches aren't plagued by the commerce, car parade and meat-market scenes of some other Ontario strands we could name; see. ontarioparks.com/english/sand.html and pec.on.ca/picton.

Eat it all up in Nova Scotia

Through July 1, the province is hosting a festival called lobsterpalooza, celebrating all things related to the delicious red crustacean. See lobsterpalooza.ca for more details.

Get an afterlife in Ottawa

What man, woman or child isn't intrigued by a mummy?

Among the exhibits in Ottawa this summer is Tombs of Eternity: The Afterlife in Ancient Egypt at the Canadian Museum of Civilization, and it showcases more than 200 artifacts.

It's on until Aug. 16; see civilization.ca for more information.

METRO NEWS SERVICES

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Best outdoor music fests

Festivals on Vancouver Island, islandmusicfest.com, and in Nova Scotia, evolvefestival.com, are highlighted in a list of the 25 best outdoor music fests in North America compiled by Santa Fe, N.M.,-based Outside magazine. THE CANADIAN PRESS

Ontario wineries are getting greener, reports new book

ECO FRIENDLY TRAVEL Ontario winemakers are moving toward "greener" vineyards and wineries, says Andrew Brooks, author of Crush on Niagara. It's the most important trend in the industry in the province, he says.

"People want to be more responsible in stewarding the land," says Brooks, noting that an increasing number of producers are moving away from chemical fungicides and pesticides.

Like a lot of other grape growers in the region, Brooks lives on his four-hectare farm with his family and says he doesn't want to be surrounded by chemicals.

"I have young children and there are things I just will not use on the site because we live here," he says in an interview.

Brooks profiles 98 Ontario wineries in the book's new, second edition, which adds sections on Pelee Island, Prince Edward County and the north shore of Lake Erie.

He says the Niagara region, with numerous producers packed close together, offers advantages for the wine tourist.

"There's really a great concentration of wineries — everything from a bigger multimillion-dollar facility to the ma-and-pa and celebrity winery, and everything in between. In a couple of kilometres you can hit a lot of wineries."

As well, the region produces a great diversity of wines, ranging from sparkling and dry to ultra-sweet. "For wine tourists ... there's something for everybody."

Crush on Niagara is published by Whitecap.

THE CANADIAN PRESS

Beach beast **No fun in the sun**

DITA ALANGARA/THE ASSOCIATED PRESS

A Komodo dragon walks on a beach on Komodo island, Indonesia. Attacks on humans by Komodo dragons — said to number at around 2,500 in the wild — are rare, but seem to have increased in recent years. Komodo dragons have a fearsome reputation worldwide because their shark-like teeth and poisonous saliva can kill a person within days of a bite.

Captivated by the beauty of Utah's springtime

RoadWarrior Michael Jackson

Utah is beautiful in spring: the snow melts and flows over cliffs, forming waterfalls that feed the many rivers and streams flowing along the canyon floors.

In turn, the water brings life to the desert. American bellflowers and mountain dandelions paint the landscape purple and yellow.

The sun shone every day, with temperatures hovering around 29 C. I roamed for days on roads that descended into deep canyons where the sunshine changed to shadows. Towering spires of red rock reached for the sky. Hoodoos lined the cliffs.

I camped on plateaus overlooking deep, colorful valleys. As the sun dropped below the horizon, the mountains and sky softened; the stars were radiant; and coyotes called to each other, serenading me to sleep.

Then, after 20 days, 14 states and over 7,000 kilometres, I finally made it to California. In Santa Monica, I took off my boots and waded into the cool water of the ocean. It was a special moment, a culmination of everything I had set out to achieve.

Lonely days, busy days, wet weather and extreme heat have all been a part of my trip and its only half begun.

I have met people I would otherwise never have had the opportunity to meet. Although I don't ask for it, I get a lot of attention: People want to know what possesses an individual to throw caution to the wind and to venture out onto the open road for six weeks.

They want to know how my kids and wife have reacted. They want to know if I will have a job when I return. They all want to know — why? In the words of Arthur C. Clark I find an answer: "The only way to find the limits of the possible is by going past them into the impossible."

MICHAEL JACKSON/FOR METRO CANADA

A view of the road through Utah.

Michael Jackson is embarking on a six-week motorcycle trip around North America. Track his progress at adventuremotorcycleroutes.ca.

Hopping on the bandwagon
Georgia tourism officials are using social networking to promote the state's tourist attractions. They've launched a fan page on Facebook, and a Facebook group called Georgia Explorers. THE ASSOCIATED PRESS

Stonehenge, the prehistoric monument comprised of a mysterious stone circle, has long needed improved surroundings.

Stonehenge due for a makeover

Site to be improved ahead of Olympics

The British government has announced plans for major improvements at Stonehenge to be completed ahead of the 2012 Olympics, when hordes of visitors are expected.

The hotly debated plans call for one of the roads near the prehistoric monument to be closed and grassed over to make the site more tranquil and to link the mysterious stone circle to the rest of the site. In addition, the antiquated visitor's centre right next to the site will be shut down and replaced by a modern reception centre about 2.5 kilometres from the stones.

Visitors will be able to use the centre and then take a bus to the site, officials said. The plan is expected to cost about $44.3 million, officials said.

"This will lead to a pragmatic and affordable scheme which will make significant and vitally needed improvements to what we have now," said Barry Cunliffe, chairman of English Heritage, which oversees the site and many other landmarks.

Stonehenge is a World Heritage Site that is one of the most visited monuments in Britain, but the visitor experience has long been hampered by the presence of two heavily travelled roads that go quite near the stone circle.

"Stonehenge is of international importance, but the setting for the monument is very inappropriate," said Loraine Knowles, Stonehenge project director for English Heritage. "This will be a significant improvement."

One of those roads will now be closed. Heritage planners had hoped to use a tunnel to take traffic on the other road away from the monument, but that expensive proposal has been rejected.

Knowles said Stonehenge will remain open to visitors while the construction work is done.

THE ASSOCIATED PRESS

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Photography exhibit exclusive to Vancouver

More than 130 of German photographer Andreas Gursky's photographs are being presented by the Vancouver Art Gallery in "Andreas Gursky: Werke/Works 80-08," from May 30 to Sept. 20. The VAG is the only North American museum to present the show, vanartgallery.bc.ca. THE CANADIAN PRESS

Marvelling at marine dinosaurs

Manitoba town's soil rich with fossils and a prime place for an amateur archeological dig

It's about as far from an ocean as you can get, and one of the last places you might expect to discover the remnants of a prehistoric sea monster that once ruled the marine world.

But some of Canada's richest deposits of marine dinosaurs are found in the sand-like soil of Morden, Man., about 100 kilometres southwest of Winnipeg. It's here that researchers, families and even school children have unearthed the remains of 80-million-year-old reptiles.

The treasure trove of skeletons discovered just outside the town prompted enthusiasts in 1979 to pool their collection of ancient bones and establish what is now the Canadian Fossil Discovery Centre, the country's largest collection of marine reptile fossils.

The museum is home to "Bruce," the largest mosasaur in Canada, and other reptiles that were once at the top of the prehistoric food chain at a time when much of Western Canada was under salt water.

"We have some really cool fossils here," said acting museum curator Joseph Hatcher. "They are large vertebrates like dinosaurs, contemporaries with them — fearsome mosasaurs and plesiosaurs — as well as a lot of large fish, turtles, squid and even some birds."

The centrepiece of the museum, and the biggest hit with anyone who likes fierce predators, is the mosasaur display, featuring what is sometimes known as "the T-rex of the sea."

Mosasaurs were huge oxygen-breathing lizards, up to 15 metres long, which propelled themselves though the water by moving their tail from side to side. They also boasted two sets of teeth and a jaw that could dislocate at will, allowing the reptiles to feast on just about anything they wished.

While mosasaurs ruled the sea, plesiosaurs also flourished amid the waves. Described as a "snake threaded through the shell of a turtle," the plesiosaurs look much like the fabled Loch Ness monster. The remains of these reptiles — some of which measured up to 12 metres — have also been found around Morden.

The sea creatures vanished, along with the terrestrial dinosaurs, around 65 million years ago. The popular theory is an asteroid strike caused the extinction, but Hatcher said that explanation is a bit too simple.

"I think it was the straw that broke the camel's back," Hatcher said. "Looking through the geological record, there is a lot of drop in diversity and in population preceding that. It looks like they were on their way out anyway."

Today, families, school groups and other amateur archeologists can book half-day to five-day escorted digs to try their luck at uncovering a mosasaur or plesiosaur of their own. In fact, many of the museum's finds have been made thanks to young volunteers.

In 2006, a school group from MacGregor, Man., unearthed the backbone, shoulder bone and ribs of a mosasaur at one of the museum's 30 dig sites. Last summer, a tour group uncovered part of a large mosasaur — called Angus — some 10 metres long.

"Paleontology is one of the few sciences left that an amateur can come out and still make a significant contribution," Hatcher said. "If we take out 40 PhDs and we take out 40 children, the probability of finding something is pretty much the same. Kids aren't afraid to get down on the ground and get dirty, so they tend to find stuff."

THE CANADIAN PRESS

JOHN WOODS/THE CANADIAN PRESS

Bruce the Mosasaur, which was found near Morden, Man. in a farmer's field, is on display at Canadian Fossil Discovery Centre.

JOHN WOODS/THE CANADIAN PRESS

Grade four students Aaron Berg (left) and Owen Andrusyk (centre) search for fossils with Matt Duda, a field technician at the Canadian Fossil Discovery Centre in Morden, Man.

If you go ...

- Location: 111-B Gilmour St., Morden, Man.
- Phone: (204) 822-3406.
- Admission: Adults $6, students $3, family $12.
- Dig programs: Family dig $40 to $200; one-day dig $75 per person; two-day dig (accommodation not included) $150 to $600; five-day fossil dig adventure (includes meals, supplies except camping gear) $450.
- Website: discoverfossils.com

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Hawaii online

A new interactive, quarterly online publication is now being published by the vacation-planning website Hawaii.com. It includes embedded video clips, links to interesting sites and page-turning technology; visit hawaii.com/magazine. METRO NEWS SERVICES

All hail Hanalei Bay

Slice of Hawaii sand leads Dr. Beach's annual best-of list

If life is a beach, Hanalei Bay must be heaven. This remote, three-kilometre crescent-shaped beach on Kauai where the emerald mountains meet the sparkling sea was selected No. 1 on "Dr. Beach" Stephen P. Leatherman's 2009 list of top 10 U.S. beaches.

Hanalei beat out other shores stretching from San Diego to Cape Cod.

"The sheer beauty of Hanalei Bay is breathtaking," said Leatherman, director of Florida International University's Laboratory for Coastal Research. "It's really an idyllic setting."

Hanalei features postcard views from every angle and is untouched by the feverish development that has transformed the coastlines of other islands. It's cherished by both locals and tourists as the perfect spot to swim, surf, snorkel or simply escape and unwind.

"It's just gorgeous," said Annie Meredith, who regularly surfs in the bay. "You've got green mountains, white sand, blue ocean — that's kind of hard to beat."

The runner-up on Leatherman's list was Siesta Beach in Sarasota, Fla., followed by Coopers Beach in Southampton, N.Y., on Long Island; Coronado Beach in San Diego; Hamoa Beach in Maui, Hawaii; Main Beach in East Hampton, N.Y., on Long Island; Cape Hatteras in Outer Banks, N.C.; Cape Florida State Park in Key Biscayne, Fla.; Coast Guard Beach on Cape Cod, Mass.; and Beachwalker Park on Kiawah Island, S.C.

Leatherman based his selections on 50 criteria, including water quality and temperature, cleanliness, weather, sand, safety and facilities. And Hanalei is his personal favourite "getaway beach" in Hawaii.

"If I want to get away from it all and forget about the rest of the world, Hanalei is about the best place to go, as far as I know," he said.

Hanalei is located on Kauai's North Shore around the corner from the Napali Coast, the most stunning corner of the state.

One side offers lush valleys, dramatic waterfalls and sculpted mountains with peaks that rise 1,200 metres. On the other is the Pacific, where dolphins and sea turtles can be seen.

The big attraction here is that it's not a big attraction. Unlike in the high-rise jungle of Waikiki, where thousands of glowing-pale tourists sprawl across the sand like eggs in a carton, there's plenty of breathing room in secluded Hanalei.

Newlyweds Dirk and Courtney McNealy, of Gainesville, Fla., noticed that there were only about 50 people along the entire two miles of beach on a recent weekday.

"Back in Florida, it seems there's 50 people in a 10-foot stretch," Courtney McNealy said.

The McNealys chose the so-called Garden Island for their honeymoon because they wanted a peaceful retreat.

"The water is nice. The sand is nice," Courtney McNealy said. "It's really beautiful."

Duane Kutsch, of Richland, Wash., said he enjoyed the slower pace and the space.

"It doesn't seem so big and commercial like Oahu," he said. "Oahu to me feels like Chicago, a huge city on the edge of the water. This still has a hometown feel to it."

The flight to Kauai from Honolulu takes less than a half hour. The 50-kilometre drive from Lihue Airport to Hanalei, however, takes nearly an hour along two-lane Kuhio Highway. The roadway eventually runs down the mountainside and crosses a one-lane bridge before entering the tiny town of Hanalei.

Egos, shoes and watches should be checked at the bridge. No one's in a hurry in this ultra-mellow community.

The village is a throwback to old Hawaii. There are sprawling plots of taro, which is used to produce poi, a staple in the Hawaiian diet.

Neighbourhood kids sell fresh leis on the corner. Gift shops, art galleries, surf stores and casual restaurants line the main drag.

"Most of us who live in the city are used to the hustle and bustle. This is anything but that," Leatherman said. "It's about as laid-back as you can get."

In the winter, swells and rip currents pick up in the bay and lifeguards are kept busy. Hanalei and surrounding areas have several top surf breaks. This is where three-time surfing world champion Andy Irons lives and honed his skills.

Even when the surf is up, parts of the bay are protected by an outer reef, so people can still swim safely. However, visitors should be aware of conditions and posted signs and check with lifeguards.

THE ASSOCIATED PRESS

JAYMES SONG/THE ASSOCIATED PRESS

A woman leaves a trail of footprints in the sand as she strolls along Hanalei Bay in Hanalei, Hawaii.

MARGO TABB/CAPE COD CHAMBER OF COMMERCE

A view of Coast Guard Beach in Cape Cod, Mass.

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Cole out of hospital
Natalie Cole has been discharged from the hospital five days after undergoing a kidney transplant. Cole headed home on Sunday to continue her recovery, her rep confirms to People. METRO NEWS SERVICES

Entertainment

Series saver
Christina Applegate has become the latest celebrity to launch a campaign to save their TV show — she is urging fans to sign a petition for her axed series Samantha who? FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Benders on the big screen

Alcohol makes for intoxicating entertainment in films like The Hangover

STEVE GOW
for Metro Canada

From silent-era films earning laughs at the antics of liquored-up louts, to sobering award-winning portrayals of addiction in movies like The Lost Weekend and Leaving Las Vegas, alcohol has always made for intoxicating entertainment in Hollywood.

Now, with the unavoidable hype building around The Hangover (in theatres June 5), alcohol may once again come to the forefront leaving the Las Vegas-set comedy with a lot of admirers.

However, in spite of all the laughs in this knee-slapper about a trio of stag-party pals searching for their lost, besotted groom, a question is being raised — are films featuring alcohol-use doing more harm than good? There's a movement that thinks so.

In fact, a recent survey by Dartmouth Medical School in New Hampshire has found that almost 42 per cent of parents agreed that the appearance of alcohol consumption should warrant a movie the dreaded "R" rating.

In The Hangover, opening June 5, a trio of stag-party pals search for a lost groom.

While concerned guardians don't have to worry about The Hangover (although it's American R, rating varies province to province in Canada), the comedy was not likely branded that in the U.S. because of scenes involving booze.

Surprisingly, the Motion Picture Association of America (which rates movies) doesn't reportedly take alcohol into account among its rating factors.

Perhaps more surprising was the fact that parents in the study seemed more concerned about alcohol-consumption than smoking on film despite past research linking the risk of teen smoking to the cinema.

Movie feature

According to lead author Meghan Longacre, that attitude may reflect "a greater concern with the negative consequences of teen drinking that may seem more immediate and dire to parents, such as drinking and driving, compared to the longer-term health consequences of smoking."

While nobody is saying The Hangover should be avoided, it's important to note it is entertainment that's intended for older audiences. Still, there's no denying the film contains the kind of humour that will inevitably appeal to younger audiences and critics say that is what ratingboards should be wary of.

Regardless, alcohol-use on film is still mostly portrayed as a weakness or warning so no matter how much fun audiences have watching The Hangover, the message will still inevitably be the same — drink too much and you might lose friends.

Mastroianni is 40 going on 20 in new film

PHIL BROWN
for Metro Canada

Best known for his performance as Joey Jeremiah on the iconic teen melodrama Degrassi Junior High, actor Pat Mastroianni came out of retirement to star in the new movie 40 Is The New 20.

Mastroianni decided to come back to acting when he learned that independent Québécois auteur — and Degrassi fan — Simon Boisvert wrote the lead role of his new movie specifically for him.

"Simon's greatest fear was that the audience would hate my character," Mastroianni told Metro. "He needed an actor who could make the audience understand him. The audience always rooted for my character on Degrassi no matter what he did because he had a vulnerability that made you understand where he was coming from and I think that's what Simon hoped I could bring to this film."

Pat Mastroianni stars in the new film 40 Is The New 20.

It's understandable that Boisvert would be concerned given that Mastroianni's character is so determined to reconnect with a former high school flame that he starts filtering her emails and phone calls to ensure that no other man can contact her.

It's not exactly movie hero behavior, but Mastroianni makes you identify with the character because his intentions are pure even when his actions are not. As the actor put it, "We had to walk a fine line between a sleazeball obsessive stalker and a guy who's just lost in puppy love."

Of course playing such a morally ambiguous character wasn't the only challenge for Mastroianni on the 40 Is The New 20 set. He also had to adapt to Boisvert's low-budget filmmaking style and a miniscule 14-day production schedule.

"I was kind of afraid of showing up because I didn't know what to expect," said Mastroianni. "I was wondering if this guy was literally shooting on an HD camcorder that he bought at Futureshop. So, I was pleasantly surprised when I saw that he was able to pull together a professional crew with a shoestring budget. I think we were all impressed."

The lack of money just led to the small crew forming a strong bond during shooting.

"It reminded me of what it was like in the '80s," said Mastroianni. "It was really personal and there was a nice camaraderie on set. I have a very strong fondness for this film because of the good time we had making it."

coming to theatres

- 40 Is The New 20 opens in Toronto this Friday.

The experience was so pleasant and invigorating that it's gotten Mastroianni back into the acting game. "I'm going to spend the next few years focusing on my acting career again.

"It's very difficult to make a living in Canada as an actor and I'm very lucky to have survived in this industry for 25 years."

Pop star Lachance gets record deal

Lachance

MUSIC Bernard Lachance, who caught the attention of talk show icon Oprah Winfrey with his one-man-band promotional tactics, has landed a record contract.

Quebec's Isba Music, which handles such artists as Mitsou and Natalie Choquette, will launch his first album on June 30.

Rainfall, the first single from the While I Remember You album, will hit airwaves on June 1.

The 32-year-old singer, who hails from Montmagny, Que., has received lots of notice for his particular brand of marketing.

He sells all the tickets for his shows himself, often accosting people on the street. THE CANADIAN PRESS

Judge approves Brown settlement

PEOPLE A South Carolina judge has approved a settlement for the estate of late soul singer James Brown.

The settlement approved yesterday gives nearly half of the estate to Brown's charitable trust, about a quarter to his wife and young son, and the rest to Brown's adult children.

The settlement establishes that Tomi Rae Hynie Brown is the surviving spouse and that her son is James Brown's child. James Brown II is not going to be required to take a DNA test.

The value of Brown's assets has not been made public since his death in 2006. THE ASSOCIATED PRESS

Going Gaga for MuchMusic

BRIAN COULTON
for Metro Canada

The streets will shut down, the stars will come out, and this year, the MuchMusic Video Awards will go Gaga.

Sexy electronic dance star Lady Gaga is the latest performer to be added to the 2009 MMVAs roster. The outdoor show, that annually packs fans outside the MuchMusic headquarters at Queen and John streets in Toronto, takes place on June 21.

That's when Gaga will join previously announced co-hosting act the Jonas Brothers, who will also take the stage to perform.

"I'm so excited," said Gaga on the phone from Australia where she's touring with the Pussycat Dolls. "I love awards shows, especially for music television. I'm planning the performance already, and I can't wait to do something amazing."

Although she's tight-lipped about what the viewing audience can expect to see, she said some sort of pop medley is likely.

A frequent visitor to Canada, Gaga said she considers her northern neighbour a second home, touting the amazing domestic fan base that helped launch her international career.

"You guys sort of put the Lady Gaga flag in the moon," she said. "I feel Canadian. If it wasn't for Canada, I would not be where I am today."

While the full slate of nominees for the show has yet to be released, the UR FAVE peoples' choice contenders were announced last week. Gaga finds herself vying against Britney Spears, Jonas Brothers, Katy Parry and Lil Wayne in the UR FAVE International Video category for her single Poker Face.

"I am nominated? I didn't know that!" she said with a laugh. "I don't know how I will fare, but truthfully, I would rather perform on the stage than win. That's always how I've felt about awards shows. I'm just really happy to be there."

As for what outfit she'll wear when she graces the red carpet, Gaga has yet to decide, but said she's thinking about designing a garment herself.

"I'm sure whatever it is, it must be sexy enough to inspire the foursome that I wish to have with the Jonas Brothers ... naturally."

Lady Gaga live

- Lady Gaga will perform live at the MuchMusic Video Awards on June 21.

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NEW NORDIC

The Man Who Made the Whole Town Lose Weight

In the small town of Alesund in Norway, many of its residents began eating a common plant that made over 1,500 of them lose weight! It all began in 2006 when a customer of Johnny Pettersen, a local health food store owner, asked him for advice on how to eliminate sugar cravings.

"I gave my customer mulberry leaf tablets because mulberry is known to lower your blood sugar after meals. When blood sugar is stable, sugar cravings disappear. And it worked very well. I started recommending mulberry to many customers and soon noticed that they were losing weight. This made me curious, so I studied the effect of mulberries on blood sugar, insulin and fat burning. Surely enough, because of the effect on blood sugar, mulberry leaves also lead to lower insulin secretion, which makes you able to burn stored fat better and also reduces fat storage from excess calories."

The 10-day diet

When Pettersen increased the dosage, recommending two mulberry tablets before each meal, he found that his customers not only controlled their sugar cravings, but also lost significant amounts of weight.

"I recommended that customers follow the programme for a minimum of 10 days in order to eliminate their need for sugar stimulation. Sugar works as a drug on the brain and people need to eliminate the need for a 'sugar high' if they want to stay slim. Taking mulberry leaves, my customers changed to a healthier diet without even noticing it — they simply didn't crave sugar."

1500 people lost weight

After the success of the first customers, word travelled fast. In the last 12 months Pettersen has worked with over 1,500 customers in Alesund and the surrounding area. He feels that his simple and natural mulberry formula has been a tremendous success.

He concludes, "Once my customers try mulberry leaves, they come back, often with friends and family, and buy several packages. It is rewarding because I see them coming back happy, healthy and slimmer."

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Bellucci burglary
An official close to a Paris burglary investigation says an apartment belonging to movie star Monica Bellucci and her husband, French actor Vincent Cassel, was the target of a theft. The official says the thieves made off with goods worth about $126,000. THE ASSOCIATED PRESS

⊕⊕⊕⊕⊕ A CLASSIC; ⊕⊕⊕⊕ EXCELLENT; ⊕⊕⊕ GOOD; ⊕⊕ FAIR; ⊕ POOR

Joel, John go Face 2 Face

Legendary musicians bring strength and songcraft, but lack sparkle

Elton John & Billy Joel
Venue: Air Canada Centre
Rating: ⊕⊕⊕½

KEITH CARMAN
for Metro Canada

GETTY IMAGES
Elton John is seen performing in this file photo.

ConcertReview
music@metronews.ca

When in doubt, reunite. Such seems to be the current business model for a sagging music industry. While new artists struggle to pull greenbacks out of pockets, the established artists of yesteryear are quickly learning that maximum capital can be garnered by resurrecting a familiar theme.

This has been going on for a long time, though. Piano-crazy pop artists Billy Joel and Elton John were performing together on their first co-headlining tour in 1994, the same year that country-rock stalwarts The Eagles initially reunited. Fast-forward to 2009 and Joel/John are on their fifth stint together, a joint venture dubbed the Face 2 Face Tour.

As is the case with something so vested, even such great songwriters and performers eventually hit their wall, forgetting that a modicum of magic and inventiveness are necessary to ensure the festivities go off without a hitch. Such was the case this evening, a songs-first foray that was healthy but not necessarily mind-blowing.

Which is not to say John and Joel aren't still stunning. Just predictable. Kicking off with duets of both men's material, "Just The Way You Are," "Don't Let The Sun Go Down On Me" and "My Life" were belted out extraordinarily before John delivered strong renditions of both lesser-known and favourite tunes including "Love Lies Bleeding," "Tiny Dancer" and "I'm Still Standing."

Joel's body of work was equally well-performed and amply represented. "Angry Young Man," "We Didn't Start The Fire" and "It's Still Rock And Roll To Me" were tight and bold, bolstered by a vast array of LED displays. A comingled finale featuring their most popular works such as "Uptown Girl" and the obvious "Piano Man" was spotless.

Face 2 Face was a solid three-hour show and neither of these enigmatic musicians outshone the other, yet the minnows of musical brilliance and name only go so far.

Yes, these songs are legendary, standing tall and proud on their own merit. Still, in term of delivery, some renewed razzle-dazzle is vital for them to live up to their legacy. Even surveying the pleased-yet-subdued reaction from fans, it was clear that while Face 2 Face was a spectacle, it still wasn't spectacular.

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Flight of the Navigator revived
Disney have already revived Tron from its '80s lights-and-leotards resting place, and now it is planning to do the same for classic kids-in-space adventure, Flight of the Navigator. EMPIREONLINE.COM

Media storm adds strain

New Jon & Kate season documents marriage tensions

Jon and Kate Gosselin arrived separately for their sextuplets' fifth birthday party. During the party, the spouses barely spoke to each other.

Clearly, the Gosselin marriage was under a strain as the new season started for the TLC series, Jon & Kate Plus 8.

No wonder. The daily challenges of a super-size family with eight kids in the house have recently been overshadowed by reports that Jon and Kate cheated on each other. Both of them have denied the allegations.

But on Monday's premiere (along with scenes of the party), Kate and Jon addressed the media firestorm that has engulfed them from beyond the carefully tended boundaries of their own reality show.

"Did I ever think I'd see myself on the front of the tabloids?" said Kate indignantly. "Or see those words that are there? No. It kills me!"

And Jon, who insisted he was "being innocent and hanging out" despite reports of an affair with a 23-year-old schoolteacher, said, "I never read a tabloid magazine until I was in one. And the first one I bought was the last one I bought."

As they reflected on the scandals that have made their lives so difficult and put their marriage in peril, the Gosselins were filmed individually, each seated alone on a sofa — in itself, a revealing touch.

"I have a lot of anger... this is not where we were supposed to be, this is not what I envisioned for us."
Kate Gosselin, Jon & Kate Plus 8

"Very swiftly we turned into two different people," Kate said at one point, as she described how she has grown apart from her husband of 10 years, "and it's just hard."

While Kate has spent a lot of time on the road, making personal appearances for the show, Jon has mostly stayed home.

"So he's angry with me that he's home and I'm not." Kate said. "Yet he doesn't really feel great about me, so he wants me to travel.

"It is so involved I almost can't put it into words," she added wearily.

Kate expressed her own share of anger.

"I think the thing that makes me the maddest is: Jon made some mistakes and he was out and whatever, and that made people question him," she said. "I'm doing what I'm SUPPOSED to be doing. I'm working and travelling" — which led to reports that she was having an affair with her bodyguard.

Declaring that she was only doing her job by travelling, she said, "I'll be darned if they're going to take me down with that.

"I have a lot of anger," she summed up, "because this is not where we were supposed to be, this is not what I envisioned for us."

Premiering two years ago, Jon & Kate is TLC's most-watched show, and has made the Gosselins famous. The arrival of its new season was highly anticipated and highly promoted.

"Jon and Kate face each other for the first time," an announcer teased on an ad that aired repeatedly beforehand.

And so they did, sort of, as they sat side-by-side on the sofa in the episode's final seconds.

An off-camera voice asked, "Do you guys know what the future holds?"

Both of them looked puzzled. Neither replied. Then the episode was over. The season had started with lots of suspense.

THE ASSOCIATED PRESS

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On Monday's premiere of Jon and Kate Plus 8, the couple addressed the media firestorm that has engulfed their family.

Edmonton's poet laureate

AWARD Rollie Pemberton — better known as hip-hop artist Cadence Weapon — will soon have a new handle: Edmonton's poet laureate.

Pemberton will be the city's third poet laureate, assuming the role on July 1.

Pemberton, 23, has released two acclaimed albums as Cadence Weapon: 2005's Breaking Kayfabe and 2008's Afterparty Babies.

He's also a poet and a writer, having previously been on staff with multiple publications including popular Chicago-based music website Pitchfork.

THE CANADIAN PRESS

T.I. entered federal prison on Tuesday

Authorities say rapper T.I. has been booked into a federal prison in Arkansas to serve a year and a day sentence on a weapons conviction.

Prison spokeswoman Linda Thomas says T.I. has entered the prison, but couldn't give an intake time for the Atlanta rapper, whose real name is Clifford J. Harris Jr.

T.I. was to report at noon CDT to begin serving his sentence. At 12:29 p.m. on Tuesday, a black van with Georgia licence plates and tinted windows pulled up to the prison. Guards and prison officials in three vehicles escorted the van to the prison grounds.

Prior to his arrival, police guarded the rural road leading to Forrest City's federal prison complex.

Five officers from nearby Forrest City and the prison set up a roadblock along Arkansas 1, about 160 metres away from the federal prison. Other officers cruised down the two-lane stretch of highway, as passers-by slowed down to gawk at television cameras and reporters waiting at crossroads.

Police refused to allow reporters any closer to the prison. Police chief Dwight Duch didn't immediately return a call for comment.

T.I. had a noon deadline to report to the minimum security prison on the complex to begin serving his sentence. It was unclear whether he arrived from the airport in nearby Memphis, Tenn., or flew directly to the rural airport in the eastern Arkansas town.

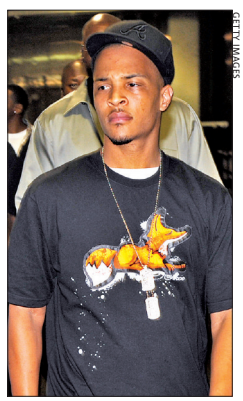
T.I., 28, was arrested after trying to buy unregistered machine guns and silencers from undercover federal agents in 2007.

The self-proclaimed "King of the South" had faced a maximum sentence of 10 years in prison and a $250,000 fine for each charge in his three-count indictment. He reached a plea deal with prosecutors after spending time on house arrest before his sentencing, speaking before community groups and high schools about the dangers of drugs, violence and guns.

Following his release, T.I. will be on three years' probation. He also must pay a $100,000 fine as part of his sentence.

He performed Sunday in Atlanta and told the crowd he'd "see y'all in 366 days."

THE ASSOCIATED PRESS


GETTY IMAGES

Rapper T.I. arrived at a federal prison in Arkansas on Tuesday to begin serving his one year and a day sentence on a weapons conviction.

No Lavigne collaboration

MUSIC It seems the too-strange-to-be-true collaboration between Canadian pop-punk princess Avril Lavigne and New Orleans rapper Lil Wayne was just that.

A representative for Lavigne says the 24-year-old Napanee, Ont., native has not collaborated with Lil Wayne, contrary to reports published online.

Lavigne was reportedly going to be featured on Lil Wayne's upcoming rock record, Rebirth.

The reports seemed to stem from a March story on Rolling Stone's website about a leaked version of the oft-delayed album. The story made a vague reference to a cameo from Lavigne, news that then made the rounds in blogs.

THE CANADIAN PRESS

Avril Lavigne

Entertainment in brief

PEOPLE American Idol finalist Danny Gokey plans to thank his hometown of Milwaukee at an event that also will raise awareness and money for his charity. The former church music director is not expected to sing at the free event Tuesday night for contractual reasons. But his church choir, including friend and former American Idol contestant Jamar Rogers, do plan to perform. Gokey also will talk about Sophia's Heart Foundation, which he started in memory of his wife, who died last summer.

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Buffy's back
A remake of 1992's Buffy the Vampire Slayer, starring Kristy Swanson, is headed to the big screen. EMPIREONLINE.COM

No regrets for young mom

BRIAN COULTON
for Metro Canada

When Canada's Next Top Model host Jay Manuel greeted 20 women in Toronto on the show's third season premiere last night, the model wannabes knew there must be more people present than positions on the show.

Manuel called nine women to stand beside him, causing those remaining to quiver. But they were really being duped. The women he called were already real models — his joking way of welcoming the competitors while still inciting a little bit of fear.

It was also when the fun and games stopped.

The new batch of models-in-training were thrown right into their first competition — a photo to shoot with photographer Nigel Barker, also a judge on America's Next Top Model. The girls posed in wild 1980s fashions alongside complementing wild animals. But the shoot was too savage for Penticton, B.C.,'s Alexandra McCallum, who dropped out early due to sustained hip pain from a recent auto accident.

The shoot's fierce flavour was also an unlucky introduction for 23-yeard-old Tiffany MacDonald of Toronto, criticized by the judges for her shyness and lack of projected confidence. Unable to deliver the demeanour sought by the judges, she was the first to be sent home.

"Yes, I'm a mom. So what? I don't think it was a fair judgment to hold against me."
Tiffany MacDonald

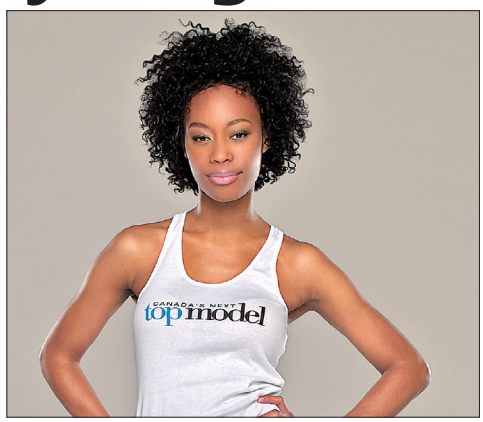
"Obviously you don't want to be the first one kicked off," said MacDonald. "I felt maybe the judges misunderstood my presence there — that they questioned how bad I wanted it ... I definitely wanted it bad enough."

MacDonald said she was surprised a judging even took place that week, given McCallum's premature departure. And given a free pass to stick around, she said she would have conformed to the criticism she received. "I know I would have rocked the next photo to shoot. I've never had any type of modeling experience before, so I would have taken all criticism and just rolled with it."

One point of contention she couldn't control was her then eight-month-old son she left at home to pursue the Top Model title, which judge Jeanne Beker raised as a concern.

"Yes, I'm a mom. So what?" MacDonald said. "I don't think it was a fair judgment to hold against me."

But MacDonald holds no grudges. She'll continue to pursue modeling, she said, and left the show regret-free. "I definitely took away friendship, criticism that I could definitely apply in my daily life and an experience of a lifetime — something I will never regret, no matter how it panned out for me."



Tiffany MacDonald of Toronto, 23, was criticized by the judges for her shyness and lack of projected confidence.

TO 5/27/09

Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime											
265	353	2 TVO	Lemur Street	Lemur Street	The Agenda With Steve Paikin		New Tricks		Dolce Vita Africana (N)		Agenda-Paikin
211	331	3 GTV	ET Canada	Entertainment	Wipeout (N)		(9:01) In Plain Sight		(10:01) The Unusuals		News
215	343	4 OMN1	2Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
210	302	6 CBC	22 Minutes	NHL Hockey: Western Conference Final Game 5 -- Blackhawks at Red Wings					CBC News: The National		The Hour
214	344	7 CITY	Law & Order: SVU		Friends	Friends	Goode Family	Surviving Sub.	Murdoch Mysteries (HDTV)		News (N)
212	313	8 CTV	etalk	Hollywood	So You Think You Can Dance Auditions continue. (N)				Criminal Minds (HDTV)		News (N)
218	345	11 E!	The Insider (N)	E! News	Psych (N)		D. Richards	Kendra	Kardashians	Candy Girls (N)	News (N)
137	763	13 TFO	Panorama		Carnets d'expédition		*La Malédiction* (2006, Drame) Adriano Luz.				Le sommeil
-	-	14 -	Raymond	Raymond	News (N)		News (N)		Two-Half Men	King	Cold Case
213	326	15 SUN	Scrubs	George Lopez	George Strait: ACM Artist of the Decade All Star Concert (N)				To Serve and Protect		Becker
-	387	16 CBS	Inside Edition	Hollywood	George Strait: ACM Artist of the Decade All Star Concert (N)				Criminal Minds (HDTV)		News (N)
-	385	17 NBC	The Insider (N)	Entertainment	Law & Order: Criminal Intent		Law & Order: SVU		Law & Order (HDTV)		News (N)
-	386	18 ABC	Wheel-Fortune	Jeopardy! (N)	Wipeout (N)		Goode Family	Surviving Sub.	(10:01) The Unusuals		News (N)
219	346	20 ACH-B	The Road to Avonlea		Castle		Law & Order: SVU		Law & Order (HDTV)		News (N)
-	-	28 FOX	Judge Judy (N)	Two/Half Men	So You Think You Can Dance Auditions continue. (N)				Seinfeld	Two/Half Men	The Simpsons
-	388	61 PBS	News-Lehrer	Wait for God	Secrets of the Dead		World War II: Behind Closed Doors: Stalin, the Nazis				Business Rpt.
297	652	330 WPX	Two/Half Men	Family Guy	America's Next Top Model		Hitched or Ditched		PIX News at Ten Tong.		Two/Half Men
296	654	331 SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	What's-Store	Frasier	Frasier	Punk'd
298	653	332 TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	Next Model
news											
502	390	26 NW	CBC News	Newman	The Hour		CBC News: The National		CBC News: The National		National
500	500	33 CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
509	504	79 CNB	Kudlow Report		CNBC Reports (HDTV)		American Greed		On the Money		Mad Money
sports											
405	417	22 net	MLB Baseball Florida Marlins at Philadelphia Phillies. From Citizens Bank Park in Philadelphia.						Sportsnet Con.	Soccer: Canadian Champ.	
400	400	30 TSN	That's Hockey	UEFA Champions League Soccer: Final			NBA Basketball: Western Conference Final Game 5 -- Nuggets at Lakers				
411	457	58 OLN	Bounty Hunter	Bounty Hunter	Departures "Cambodia"		Mantracker	Mantracker	Bounty Hunter	Bounty Hunter	Departures
417	406	81 SC	Pimp My Ride	Pass Time	Amer. Thunder	Pinks Outtakes	Pinks	Pass Time	Wrecked	Wrecked	Pimp My Ride
family											
551	542	25 YTV	In Real Life (N)		Malcolm-Mid.	Futurama	Survive This	Adrenaline Proj	Falcon Beach		Mystery Hnt.
554	544	45 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	Father of Pride	Moral Orel
556	540	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety											
602	567	27 W	Will & Grace	Friends	Grocery	Grocery	Supersize vs. Superskinny		Stuck	Maxed Out	Maxed Out
570	580	29 MM	One Tree Hill		disBand "Stereos" (N)		Video on Trial	Video on Trial	Instant Star	Instant Star	One Tree Hill
615	520	31 A&E	Dog the Bounty Hunter		Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter		Tattoo High.	Tattoo High.	Bounty Hunter
700	800	35 TLN	Centrovetrine	Sky TG 24	Elisa di Rivombosa		Elisa di Rivombosa		Raymond	Raymond	George Lopez
571	581	36 MMM	The Daily Fix		Ranked!		Behind the Music		Entourage	Gene Simmons	The Daily Fix
575	583	38 CMT	Living, Dream	Tara Diaries	George Strait: ACM Artist of the Decade All Star Concert (N)				Hope & Faith	Hope & Faith	Karaoke Star
616	521	39 SHO	The Outer Limits		Cashing In	About a Girl	G-Spot	Cock'd Gunns	The Starter Wife (HDTV)		House
620	523	40 BVO	The Achievers	Bravo!Videos	Arts & Minds	O'Reagan File	Wingfield	Wingfield	Southland "Derailed"		Law & Order
601	562	41 SLC	Skin Deep	Til Debt-Part	End of Leash	End of Leash	End of Leash	End of Leash	End of Leash	End of Leash	ET Canada
522	506	43 HIS	NCIS "Dog Tags"		Outlaw Bikers		Ice Road Truckers		NCIS "Dog Tags"		Sea Hunters
625	548	44 COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Jon Dore Show	Comedy Inc.	Daily Show
600	564	46 H&G	House Hunters	Property Virgin	Big City Broker	The Stagers	Unsellable	Hid Potential	House Hunters	House Hunters	Holmes-Homes
294	529	47 TBS	House-Payne	House-Payne	*Old School* ★★ (2003, Comedy) Luke Wilson, Will Ferrell.				Cheers	Seinfeld	Family Guy
576	582	49 BET	106 & Park: BET's Top 10 Live		*I Got the Hook-Up* ★ (1998, Comedy) Master P.				The Game	The Game	*I Got the Hook*
627	528	50 SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Primeval (N)		Stormworld (N)	Grand Star	Stargate SG-1
581	566	52 MTV	Room Raiders	After	MTV News	Cribs	Fantasy Fact.	Nitro Circus	Real World-Road Rules		Teen Cribs
618	524	54 TROP	Vanity Insanity	Ad Persuasion	Ad Persuasion	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
603	561	56 FOOD	Chef at Home	Fresh-Anna	Diner, Drive-In	Diner, Drive-In	Iron Chef America		Ultimate Recipe Showdown		Opening Soon
261	394	60 V	Murder, She Wrote		Keeping Up	Foot in Grave	Doc Martin		Driven-Vision	Supernatural	Poltergeist
621	527	63 STR	The Ellen DeGeneres Show		TMZ (N)	etalk	Canada's Next Top Model (N)		The Tonight Show-Jay Leno		TMZ
553	546	65 TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos	Comfy Couch	Big & Small	Max & Ruby
115	711	101 TVA	Poule-oeufs or	Histoires-filles	Collection "Plage" (N) (SC)		Nos étés (SC)		TVA 22 heures	Sucré-salé	*Mélissa P.*
126	730	102 RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
526	507	249 VIVA	Judging Amy		Medium		Medium		Mediums	Psychic Det.	Mediums
300	601	301 M1	(6:30) *Fred Claus* ★★ (2007, Comedy)			Tracey Ullman	*Get Smart* ★★ (2008, Comedy) Steve Carell.				*P.S. I Love*
305	612	306 PIX	*Jacob 2 2*	*The Gate* ★★ (1987, Horror), Louis Tripp			*Black Rain* ★★★ (1989, Crime Drama) Michael Douglas.				*Kitchen Party*

critics'corner

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When an anomaly opens in a busy London hospital, cute but dangerous burrowing creatures roam around the corridors. With teeth so sharp they can chew through anything, they threaten to chomp through the main power supply. Calamity is averted by Cutter, Connor, Abby and Captain Becker (Douglas Henshall, Andrew-Lee Potts, Hannah Spearritt, Ben Mansfield), who are obliged to get the creatures back to their own time before the anomaly closes. 9 PM on SPC

George Strait: ACM Artist of the Decade All-Star Concert
Currently riding the crest of a 25-year career, "the king of country" is saluted by peers and colleagues at the MGM Grand Garden Arena in Las Vegas. Slated to perform are Brooks & Dunn, Jamie Foxx, Faith Hill, Jack Ingram, Alan Jackson, Jamey Johnson, Toby Keith, Miranda Lambert, Tim McGraw, Montgomery Gentry, John Rich, LeAnn Rimes, Blake Shelton, Sugarland, Taylor Swift, Keith Urban and Lee Ann Womack. 8 PM on SUN

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Kylie says yes
Kylie Minogue is engaged, femalefirst.co.uk reports. The 40-year-old singer was reportedly thrilled when her Spanish boyfriend of seven months, Andres Velencoso, popped the question during a romantic trip to New York earlier this month. METRO NEWS SERVICES

Celebrity Buzz

Amy drops the ball again

DOWNHILL FROM HERE Mark Ronson's dream of recording another track with Amy Winehouse has come crashing to the ground after the troubled singer failed to turn up to the studio to finish their Quincy Jones tribute, femalefirst.co.uk reports.

The producer was at the mixing deck for Winehouse's 2006 global smash LP Back To Black and the pop star returned the favour the following year by singing Valerie for Ronson's cover album Version.

But the pair failed to recreate their magic last summer when they were approached to compose a Bond theme for Quantum Of Solace — with White Stripes rocker Jack White and Alicia Keys eventually landing the song.

Ronson was due to return to the studio with his muse to record a new version of Lesley Gore's You Don't Own Me for an upcoming album in honour of music industry legend Jones.

But their collaboration has reportedly been dropped from the project — and a disappointed Ronson appears to have given up hope on convincing Winehouse to wrap up the project.

He says, "The track isn't finished and she's not around. If she's not here, then unfortunately, there is nothing we can do about it."

It's the latest in a series of career blows for Winehouse, who was recently forced to abandon plans for a comeback concert in London days after she was admitted to hospital on the Caribbean island.

METRO NEWS SERVICES

MJ's wild spending?

MO' MONEY, MO' PROBLEMS Michael Jackson has been forced to delay the start of his run of shows this summer in London, rescheduling three of the performances for next year. The delay has nothing to do with Jackson's rumoured health problems.

"Michael is ready for this and ready to do it right," show director Kenny Ortega said, according to Voice of America. Meanwhile, a lawsuit from a former lawyer has exposed some of Jackson's outlandish spending habits, including nearly $8 million US on statues of Peter Pan and children playing in just the last few years.

"Mr. Jackson's pattern has been to spend to the brink of insolvency and then borrow against his assets to further feed his spending," former lawyer Raymone Bain said, according to the Sun.

METRO WORLD NEWS

Mel admits he'll be a dad, again

HONESTY Mel Gibson stopped by to visit Jay Leno during his last week at the Tonight show and opened up about the recent end of his 28-year marriage.

"Look. When it's all said and done, I did a pretty good hatchet job on my marriage myself," Gibson said. "I'm to blame. If you're inclined to judge, put it here."

He also admitted that his Russian girlfriend, Oksana Grigorieva, is pregnant with his eighth child.

METRO WORLD NEWS

Madonna just a friend: Jesus

DENIAL Jesus Luz has spoken out about his relationship with Madonna for the first time.

"She is my friend, only my friend," the model told Brazilian TV show Fantastico. "Madonna is a person who I admire very much, a friend who has entered my life and (with whom) I keep in contact. I cannot say anything more than I don't have plans of marrying her. I can't say if she is the woman in my life."

METRO WORLD NEWS

Jennifer's best friend

DOG PERSON Jennifer Aniston's dog has a director's chair on the set of her new movie, femalefirst.co.uk reports. The 40-year-old actress is so close to her pet Norman, she brings him to set when she is shooting The Baster.

A source told the National Enquirer magazine: "Norman is important in Jennifer's life, but the crew is fed up with having to dote on him. Jennifer needs him around all the time and she won't stand for him being chained up. So the dog has his own chair near the director, and Jennifer also has a doggy masseuse tend to Norman every day."

Aniston ensures 13-year-old Norman is walked three times a day, and is given meals from the actors' catering van.

The source added: "She even insists that Norman eat with the crew and that he's fed organic, human-grade food. So Jennifer's assistant has special plates made up by the caterer with free-range white meat chicken and organic rice. Norman eats healthier and better than most humans."

METRO NEWS SERVICES

GETTY IMAGES

LiLo gets Katie's acting leftovers

SUBSTITUTE Lindsay Lohan is getting back to work with the new film The Other Side. But it turns out she wasn't the director's first choice for the role — Katie Holmes was.

"Katie would call me from Berlin at 4 a.m. her time to go over ideas and notes," director David Michaels told E! News. "The result of our collaboration has tremendously improved the arc and dynamic of the lead character."

But Holmes decided to back out of the film when it looked like there wouldn't be enough funding.

METRO WORLD NEWS

Lily bashes Boyle

JEALOUSY? Lily Allen doesn't see what the big deal is about Susan Boyle, usmagazine.com reports.

Last weekend, the 48-year-old Scottish singer landed in the final round of Britain's Got Talent after beating out seven other performers by belting out Memory from the musical Cats.

But Allen said (via Twitter), "I thought her timing was off on Britain's Got Talent on Sunday — no control, and I don't think she has an amazing voice."

"She can sing," Allen admitted, "but it's not about talent with her, is it?"

The Britain's Got Talent finale competition takes place this Saturday.

METRO NEWS SERVICES

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Today Rain 90% 17°/ 15°
Thursday Showers 90% 23° / 13°
Friday Showers 40% 19°/ 9°

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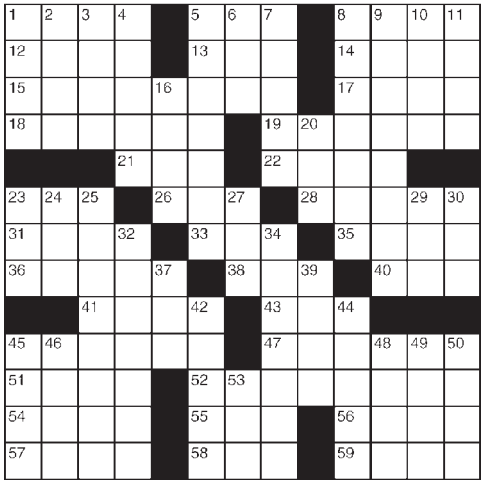

Crossword across

1 Bushy hairdo
5 "CSI" setting
8 Paraphernalia
12 Laugh-a-minute
13 Altar affirmative
14 "The Amazing —"
15 Solvency source
17 Sicilian spouter
18 Hard and cold
19 Whiteboard accessory
21 Knock
22 Platter
23 Bro or sis
26 Existed
28 Come together
31 Owl's sound
33 Homer's interjection
35 Gloomy
36 Give philanthropically
38 Directory info (Abbr.)
40 Ex, —, zee
41 Mongol tent
43 Chic no more
45 Undeveloped state
47 Boil
51 Sandwich shop
52 Movie about a 1950s scandal
54 Cupid's alias
55 Work with
56 Ripped
57 Small salamander
58 Listener
59 Catches some rays

Crossword down

1 Curved lines
2 Decree
3 Got up
4 "None of the above"
5 Frog's perch
6 Hubbub
7 Acknowledged applause
8 Lubricated
9 Submits humbly
10 Teenager's woe
11 Caboose's position
16 Imperfection
20 Edge
23 That girl
24 Charged bit
25 Damaging hit
27 Trinity member
29 Chap
30 Prior to
32 Sightseer
34 Indianan
37 Distort
39 Canal zone
42 Chef's hat
44 Criteria
45 Paradise
46 Unembellished
48 Grand
49 Trumpet, e.g.
50 Rams fans?
53 NAFTA signatory

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	7	3	9	2				
	6				8	9	7	3
	9		3		5			4
	8	9				1		2
2				3				6
1		6				8	3	
6			5		2		8	
7	1	8	6				2	
				8	3	6	4	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

SPOT OWL TEAM
ALTO CHI ISLE
GOTOSEED TAOS
ADO CAT BLUES
WAN PIE
DEFER BANDANA
AREA GUY ELON
YANKEES HEIST
KIM BUD
FLYNN MAG BYE
ROUE TENSPEED
ABLE HAD RANG
TEED ENS OUSE

7	4	2	6	8	9	3	1	5
3	1	6	2	5	7	9	4	8
8	9	5	4	1	3	6	7	2
5	6	3	1	4	2	7	8	9
4	7	8	9	6	5	1	2	3
1	2	9	3	7	8	5	6	4
9	8	4	7	3	1	2	5	6
6	3	7	5	2	4	8	9	1
2	5	1	8	9	6	4	3	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Spiced Couscous Tomatoes

INGREDIENTS:
8 large tomatoes
2 tbsp (25 ml) extra virgin olive oil
1/2 cup (125 ml) (125 ml) flaked almonds.
1 small eggplant, diced
1 tsp (5 ml) ground coriander
1/2 tsp (2 ml) ground cumin
1/8 tsp (0.5 ml) ground cinnamon
1 cup (250 ml) boiling vegetable stock
3/4 cup (175 ml) couscous
2 tbsp (25 ml) chopped fresh mint
50 g dried apricots, chopped
1 tsp (5 ml) harissa (chili paste)
pepper to taste

METHOD:
1. Cut tops off tomatoes and scoop out insides. Place tomatoes and cut-off tops on one side. Place seeds and scooped-out flesh in sieve set over small bowl and press with back of spoon to extract juices; you will need about 5 tbsp (75 ml) juice. Leave bowl of juice on one side and discard seeds and flesh.
2. Place hollowed-out tomatoes upside-down on plate covered with paper towel and leave to drain.
3. Heat. 1/2 tbsp (7 ml) olive oil in nonstick pot. Add flaked almonds and cook over low heat for 2–3 minutes or until golden-brown. Remove from pot with slotted spoon and set aside.
4. Add remaining oil to pot. Stir in eggplant and cook 5 minutes, turning frequently, until browned and tender. Stir in coriander, cumin and cinnamon, and cook a few more seconds, stirring constantly.
5. Pour in stock and bring to rapid boil, then add couscous in steady stream, stirring constantly. Remove from heat, cover, and leave to stand 5 minutes.
6. Uncover pan, return to low heat and cook 2–3 minutes, stirring with fork to separate grains. Stir in toasted almonds, mint and dried apricots. Add harissa to reserved tomato juices and stir, then pour over couscous. Add pepper and mix well. Spoon couscous mixture into tomatoes, replace tops and serve.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
You may be willing to make sacrifices above and beyond the call of duty but common sense tells you that you can't change the world on your own.

TAURUS ♉
APRIL 21-MAY 21
Jupiter in the career area of your chart means you are determined to prove to the world you have what it takes to succeed — and you will.

GEMINI ♊
MAY 22-JUNE 21
You are in no mood to let others dictate to you what you can and cannot believe in. Freedom of speech is non-negotiable.

CANCER ♋
JUNE 22-JULY 22
What someone offers you today may be tempting but think carefully before you agree to sign. You certainly won't get anything for free.

LEO ♌
JULY 23-AUG 23
Partners and colleagues may have the upper hand at the moment but it won't do you any harm. What's good for them will be good for you too.

VIRGO ♍
AUG 24-SEPT 22
You will get the chance to do well on the work front today, but don't get carried away. Be aware of your limits and don't push yourself too hard.

LIBRA ♎
SEPT 23-OCT 23
You seem remarkably confident at the moment, thanks to the influence of the Sun and Jupiter in positive areas of the sky. Put it to good use.

SCORPIO ♏
OCT 24-NOV 22
No matter what you may have done wrong you will be forgiven, so admit you made a mistake. Say sorry — it's no big deal.

SAGITTARIUS ♐
NOV 23-DEC 21
Cosmic activity in the most outgoing area of your solar chart will make it easy for you to meet new people and make new friends today.

CAPRICORN ♑
DEC 22-JAN 20
By all means splash out a bit today — if you can afford it. You have worked your socks off in recent weeks and you are entitled to enjoy what you earned.

AQUARIUS ♒
JAN 21-FEB 18
Don't try to get approval for what you are about to do. It really does not matter if others support you or not.

PISCES ♓
FEB 19-MARCH 20
The more you reflect upon your creative ambitions now, the easier it'll be to realize them in a few weeks when the Sun moves in your favour.

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STOP HAIR LOSS

BIO-FEN PLUS™ is a natural health product used in the treatment of hereditary androgenic alopecia *(AGA)* in adults ***(male or female pattern baldness.)*** It contains scientifically calculated proportions of extracts of fenugreek seeds, saw palmetto berries and flax lignans. Each are known to possess an inhibitor of the enzyme responsible for causing male or female pattern baldness. It also contains a mixture of B vitamins, folate and biotin to help metabolize these herbal extracts so that they are more bio-available, and to support the growth of strong and healthy hair.

What causes hereditary hair loss?

Each hair grows from a pocket in the skin called the hair follicle. During its growing phase, the follicle has a bulb-shaped bottom, the center of which is called the dermal papilla. The papilla is fed by very small blood vessels, which bring it food & oxygen and remove wastes. The papilla is highly sensitive to hormones and chemicals secreted by the body *(or ingested as a medicine)* which impacts hair growth.

It is believed that some individuals have a genetic predisposition to a receding hairline *(most common in men)* or hair/follicle thinning over larger areas of scalp *(more common in women)*. These conditions result from hormonal changes caused by an enzyme in the dermal papilla called 5-alpha-reductase. This enzyme breaks down the hormone testosterone into dihydrotestosterone *(DHT)*.

Over a period of time, an over abundance of DHT causes the hair follicle to degrade and shortens the active phase of the hair, eventually leading to thinner hair and eventual hair loss.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology. If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

Each BIO-FEN PLUS™ *capsule contains (mg/capsule):*

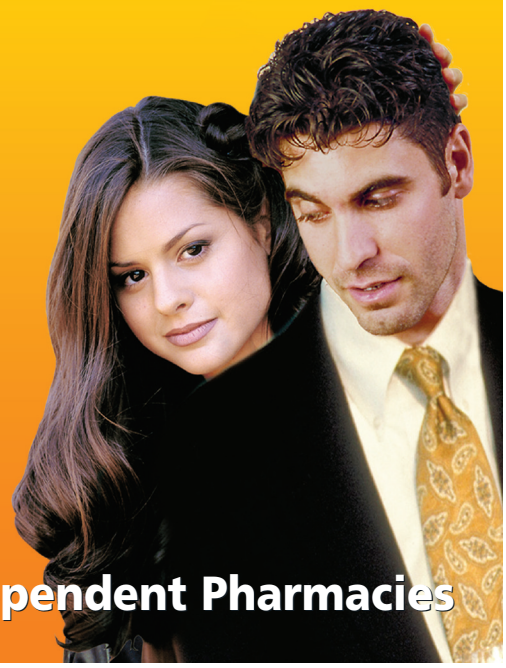
Fenugreek *(Trigonella feonum graecum)* seed extract 4:1	260 mg
Saw palmetto berry extract contains 45% powder, esters & sterols	160 mg
Flax lignans, standardized to 20% secoisolariciresinol diglucoside *(SDG)*	100 mg
D-calcium pantothenate *(Vitamin B5)*	10.40 mg
Niacinamide *(Vitamin B3)*	10.25 mg
Pyridoxine HCl *(Vitamin B6)*	2.00 mg
Riboflavin *(Vitamin B2)*	1.58 mg
Folic acid	0.095 mg
Biotin	400 mcg

Non-medicinal ingredients: inert microcrystalline cellulose and vegetable-based magnesium stearate in a veggie-based capsule.

Recommended adult dose: . . . . . .one capsule per day

BIO-FEN PLUS

www.biofen.com



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NHTSA - Frontal impacts††

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CITY: 10.6 L/100KM 27 MPG

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